Happy Begins Here

Health



5 WAYS TO CURB HUNGER
See P. 49

FIGHT THE FLAB!
Fast Fixes for Belly, Butt, Thighs

Sophia Bush
THE WORDS THAT CHANGED HER LIFE

OWN YOUR ORGASM
Sex Tips You'll Love

60 BEAUTY BREAKTHROUGHS
- *Younger Skin!*
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- *Pretty Makeup!*

WHAT'S UP WITH MY BODY?
Strange Symptoms, Explained

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sept '15

VOL. 29, NO. 7

ON THE COVER

63 **FIGHT THE FLAB!**

35 **60 BEAUTY BREAKTHROUGHS**

124 **FIND YOUR JOY**

49 **5 WAYS TO CURB HUNGER**

108 **SOPHIA BUSH: THE WORDS THAT CHANGED HER LIFE**

120 **OWN YOUR ORGASM**

81 **WHAT'S UP WITH MY BODY?**

FEATURES

108 **SOPHIA BUSH SEIZES THE DAY**
The star shares what she's learned about taking care of her body, mind and spirit.

114 **PREP ONCE, EAT HEALTHY ALL WEEK**
Set yourself up for night after night of fresh and delicious meals in just 30 minutes.

120 **OWN YOUR ORGASM**
The eight surprising truths that will pump up your pleasure.

124 **FIND YOUR SWEET SPOT**
A must-read! Best-selling author Elizabeth Gilbert on creative living.

Cover photography by Matt Jones.

Styling by Karen Shapiro. Hair by DJ Quintero at Jed Root Inc. Makeup by Leanne Hirsh. Manicure by Lexi Martone at traceymattingly.com.

To get Sophia's dewy look, try these BareMinerals products: BareSkin Pure Brightening Serum Foundation, Ready Bronzer in The High Dive, Ready Blush in The Natural High, Ready Eyeshadow 8.0 in The Sexy Neutrals, Lash Domination Volumizing Mascara and Marvelous Moxie in Raise the Bar; bareescentuals.com.

For Sophia's hairstyle, use these John Frieda products: Beach Blonde Sea Waves Sea Salt Spray and Luxurious Volume Building Mousse; at mass retailers.

Clothing, cover: Alexander Wang dress; alexanderwang.com. Earrings, Sophia's own. Clothing, this page: Topshop jumpsuit; topshop.com. Stanmore bracelet; stanmorenyc.com.

108

"Life is just brimming right now, and it feels good."
—SOPHIA BUSH

PHOTOGRAPHY BY MATT JONES

sept '15 CONTENTS



58
Danica said good-bye to the 50 pounds she gained in college.



35
The best in beauty now, chosen by *Health* editors and pros.

67 **MAKE OVER MY...WORK SNACKS**
Stash these in your drawer.

76 **YOGA FOR KILLER ARMS**
Triceps included!

LIVE HEALTHY

81 **WHAT'S THAT SOUND?**
Body noises, explained.

84 **OUR DOC WILL SEE YOU NOW**
Dr. Raj tackles hot yoga, nail salons and more.

89 **9 PROBIOTIC FOODS YOU HAVE TO TRY**
Good bacteria? Check!

94 **BIRTH CONTROL YOU CAN COUNT ON**
The ideal method for you.

96 **PICK AN ALLERGY-FRIENDLY PET**
Ease the sneeze with these better critters.

99 **YOUR MEMORY: A USER'S MANUAL**
Boost your brainpower.

GREAT FOOD

129 **CLASSICS GET A REFRESH**
Meals with a healthy spin.

134 **THE SHARPEST TOOLS**
The only knives you need.

136 **INDULGE YOUR WAY SLIM**
Yes, a diet-friendly pizza.

138 **7 WAYS TO EAT MORE VEGGIES**
The trick: produce prep.

IN EVERY ISSUE

8 **FROM THE EDITOR**

13 **NEW FROM HEALTH**

14 **@CROWDSOURCED**

17 **BEST LIFE NOW**
The most useful news in well-being, beauty, health, nutrition and fitness.

144 **MIX IT UP: COCONUT OIL**

LOVE YOUR LOOKS

35 **60 BEAUTY BREAKTHROUGHS**
Ready, set, gorgeous!

BEST SHAPE

49 **5 REASONS YOU'RE ALWAYS HUNGRY**
And how to curb cravings.

56 **LOVE ALL**
Tennis gear that ups your game—and style.

58 **I GOT MY HIGH SCHOOL BODY BACK**
One woman kicked greasy grub and lost big.

63 **YOUR BETTER LEG (AND BUTT!) PLAN**
A firmer lower body in just four moves.

56
Found: tennis threads you'll love.

89
Go beyond yogurt with probiotic picks from around the globe.

BELLINI; LAURA BARISONZI; MAKEUP AND CLOTHING, LISA SHIN; KEFIR, ALEX CAO/GETTY IMAGES

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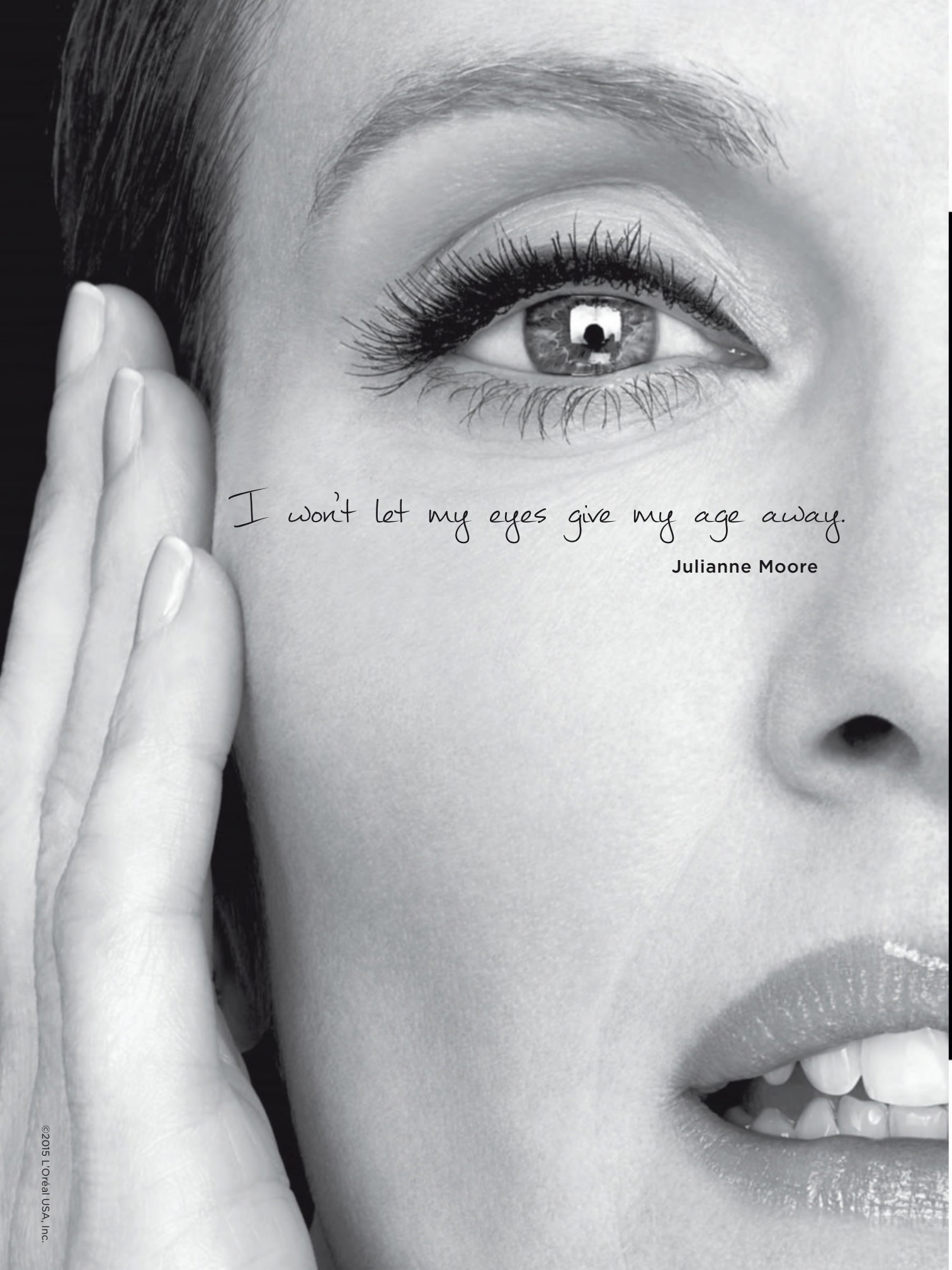


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A Life-Changing Question

When was the last time you felt pure joy—the kind of pleasure that lights you up? If you're struggling to remember, you'll want to read the feature that begins on page 124.

It's an excerpt from the forthcoming book *Big Magic* by one of my favorite writers, Elizabeth Gilbert. A decade ago, Gilbert inspired many of us with her brave and best-selling memoir, *Eat, Pray, Love,* about her journey through Italy, India and Bali in search of what really mattered to her. In *Big Magic,* she writes about finding meaning from within. Gilbert believes (and I agree) that we all have the potential to live a richer, bigger, happier life. But doing so requires asking yourself what makes you feel truly alive. Whether it's experimenting in the kitchen, painting landscapes or joining a roller derby team, it doesn't make a difference—as long as you feel engaged and inspired. In our exclusive excerpt from the book, Gilbert warns about the insecurities that will inevitably crop up when you try something new. (Don't worry—they're normal.) She also shares how she's learned to silence her own inner critic. She actually talks back to her fear, and you're welcome to borrow her speech.

As summer turns to fall and we all return to our regular routines, I hope you'll choose to build some time into your weeks to explore even just one curiosity. Because, as Gilbert puts it, "life is short and rare and amazing, and you want to do really interesting things while you're still here."

Clare McHugh
editor
clare@health.com



Find recipes like this Veggie Pizza with Cauliflower Crust (page 136) in the Cooking Light Diet.

Cooking Light DIET

Since last May, the Cooking Light Diet has been helping people fulfill their personal weight-loss goals through deliciously curated meal plans.

HOW IT WORKS

1 Visit the Cooking Light Diet site and take a short quiz. You'll immediately receive customized menus based on your goals, the foods you like to eat and any dietary requirements, such as vegetarian or gluten-free.

2 The program plans your breakfasts, lunches, dinners and snacks, offering thousands of recipe options each week. Print your grocery list and get cooking with tasty meals ready in less than 30 minutes.

3 Experience success! As Katie from Georgia says, "I feel better, I look better, and I am a happier person."

Head to diet.cookinglight.com/healthsept and begin today, or email your questions to feedback@cookinglightdiet.com.

McHUGH; LISA BERG; PIZZA: JENNIFER CAUSEY

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New From Health

Fall Superfood Desserts

It's still fresh-fruit season (hurray!). Find recipes for virtuous treats at **health.com/fall-desserts.**

Video! 4 Steps to a Beautiful Butt



Is your bum on the flat side? *Health* columnist Kristin McGee shares the best yoga moves for toning and lifting back there. The best part: They don't require a single piece of equipment. Follow along with the routine at **health.com/butt-booster.**

Spice It Up, Tweeps



Spices do much more than enhance your food's flavor—they also deliver essential nutrients and antioxidants. Follow us on Twitter **(@goodhealth)** and watch **#HealthFallFavorite** to find great ideas that will perk up your daily diet.

Unlock Extra Content

Access videos, shop stories and save recipes by scanning selected images in this issue. How it works:

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2 Open the app, then hold your smartphone 4 to 7 inches above the photo you want to scan.

3 The app will load the added features. Here's what you'll find in this issue:



▲ **Look for this icon in stories with pics you can scan.**

- **PAGES YOU CAN SHOP!** Buy our Beauty Award winners (page 35) and other great products right from your device.
- **WORKOUT VIDEO** from fitness expert Tracy Anderson (page 64)
- **RECIPES**—and the tools to make menus and shopping lists and find deals on ingredients. All this from our sister site MyRecipes.com.



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Gram and Go



Let's be honest: Busy girls need fast and easy ways to stay in shape. Look for **#HealthMagOnTheGo** on our Instagram page **(@healthmagazine).** Tag your photos with this hashtag and we'll regram our favorites.



Natural Ways to Erase Years

Keeping your skin and hair in great shape starts with your everyday habits. Go to **health.com/look-younger** for some super-simple anti-aging strategies.

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WHAT'S YOUR TRICK FOR EATING RIGHT WHEN DINING OUT?



"At happy hour, when friends try to tempt me with a basket of greasy fries, I tell them I'm training for an event and have to keep consistent with my clean eating. It stops them from pestering me with food, and they usually help me find healthy choices."
—*Radley E., via Facebook*

"If I have a choice of sides, I tend to go for the salad...but I steal some of my husband's fries. I also drink water or unsweetened iced tea. These little choices have made a huge difference in my weight *and* blood sugar."
—*Keiri D., via Facebook*

"I order off the appetizer and sides menus. The sides are often where the simple veggie dishes are hiding, which are great to add to an appetizer for a complete meal."
—*Phoebe G., via Facebook*

"I use the Fitbit app to check the menu's nutritional values beforehand and plan my order."
—*Nicole H., via Facebook*

"My dessert is a hot tea or coffee to finish the meal. It helps me relax; then I don't feel like giving in and having a dessert."
—*Cheryl B., via Facebook*

"I seek out restaurants that serve naturally raised meat and organic produce."
—*@JuMPAyurveda*

"Ask for a box when your meal arrives and immediately put half your food in it for later."
—*Alyssa C., via Facebook*

OUR COVER CELEB SAYS...

"My perfect breakfast out is scrambled eggs, turkey sausage, scallions and organic bacon, with avocado and gluten-free toast. I love all the protein."
—*Sophia Bush*

PRO_SHARE

Say good-bye to the delivery guy and hello to making clean meals at home with these tips from Michael Symon, co-host of ABC's *The Chew* and author of *5 in 5 for Every Season*.

SWEETEN YOUR SIDES

"Roasting vegetables like cauliflower with just olive oil, salt and pepper adds a great caramelized taste. I toss them with raisins, pine nuts and a tablespoon of apple cider vinegar."

FIRE IT UP YEAR-ROUND

"Grilling gives meat, fish and veggies such a wonderful charred, smoky flavor that it's always worth the effort. Leave food alone after putting it on the grill—don't poke or flip it for a few minutes so it can develop a crust and release from the grate."

BRIGHTEN YOUR MEALS

"To keep winter dishes fresh, I rely on the zest and juice of citrus, which is at its peak then."

3x

How much more fiber a slice of whole-wheat bread has versus white. Opt for that grain-filled goodness when the bread basket comes.

EATING, MARCELLO BIANCO/FOLIO-ID.COM

Peanuts.

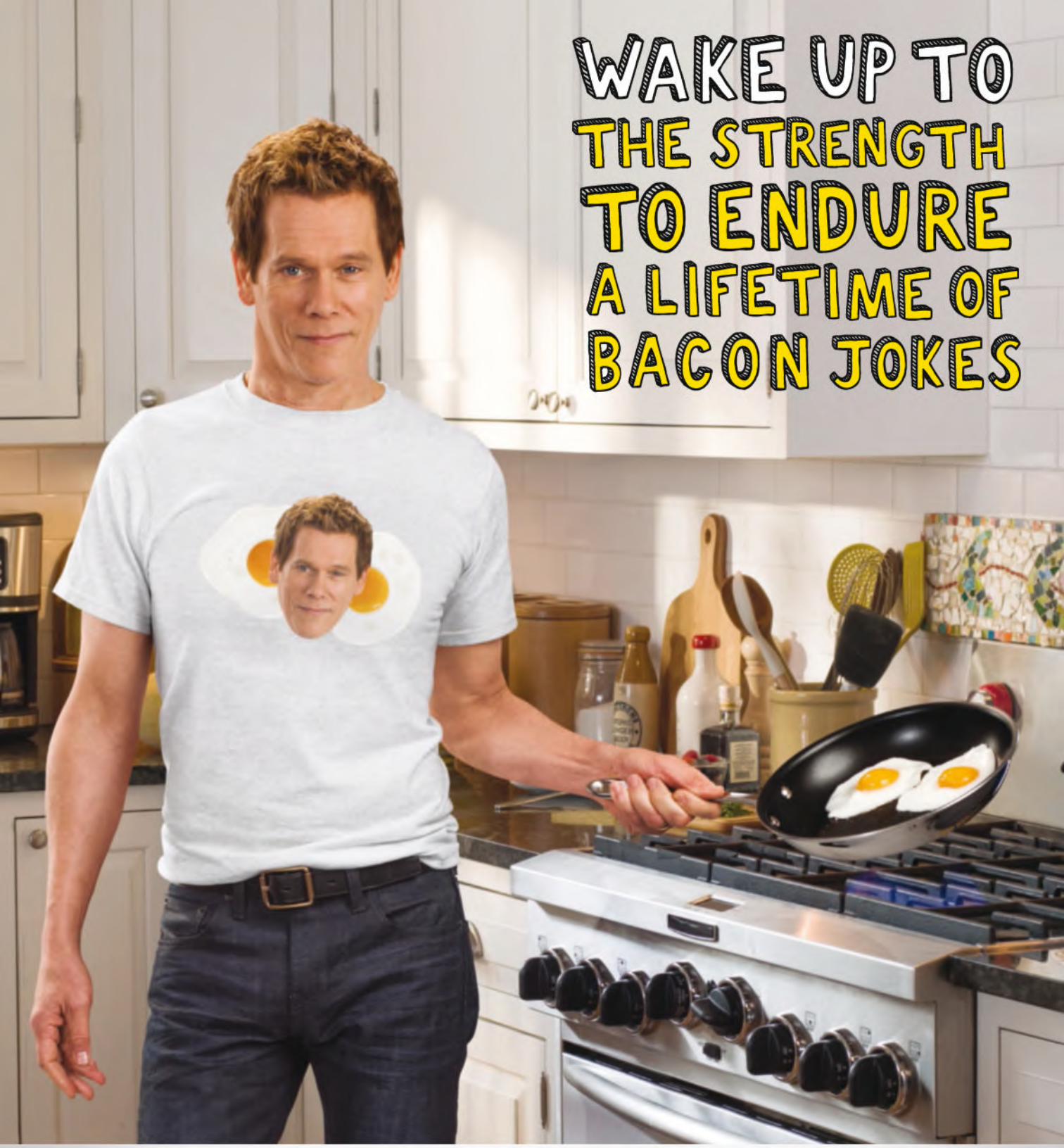
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BEST LIFE NOW

THE MOST USEFUL NEWS FROM THE WORLDS OF WELL-BEING, BEAUTY, HEALTH, NUTRITION AND FITNESS»

POWER UP!

Overworked, overwhelmed—and overwrought? Join the club. "We're experiencing an exhaustion epidemic, and the 24/7 world of social media is only making matters worse," says Holly Phillips, MD, author of *The Exhaustion Breakthrough.* Her tips for plugging our modern energy drains:

Make a to-don't list. Look at each task on your to-do list and ask, "Do I have to be the one to do it? Does it have to be done today?" If the answer to either question is "no," cross off the item. If it's a must, see if you can make it less time-consuming.

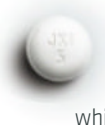
Take a head-to-toe inventory. Spend two minutes every hour checking for areas of tension. "Slouched shoulders or a clenched jaw doesn't just make you look tired," Dr. Phillips says. "It makes you *feel* tired because it forces your body to work harder than it should."

Lighten up. Exposure to natural light has been shown to boost energy levels in people suffering from fatigue. If you work in a cubicle, take a daily 10-minute walk outside to reset.

→ Time to recharge: no caffeine required!

OUTLETS, LEVI BROWN/TRUNK ARCHIVE





What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

- It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
- XELJANZ is not for people with severe liver problems.
- It is not known if XELJANZ is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information to know about XELJANZ?

Serious infections. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting XELJANZ, and monitor you closely for signs and symptoms of TB infection during treatment. You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Cancer and immune system problems. XELJANZ may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers, including skin cancers, have happened in patients taking XELJANZ.

Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

Tears (perforation) in the stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

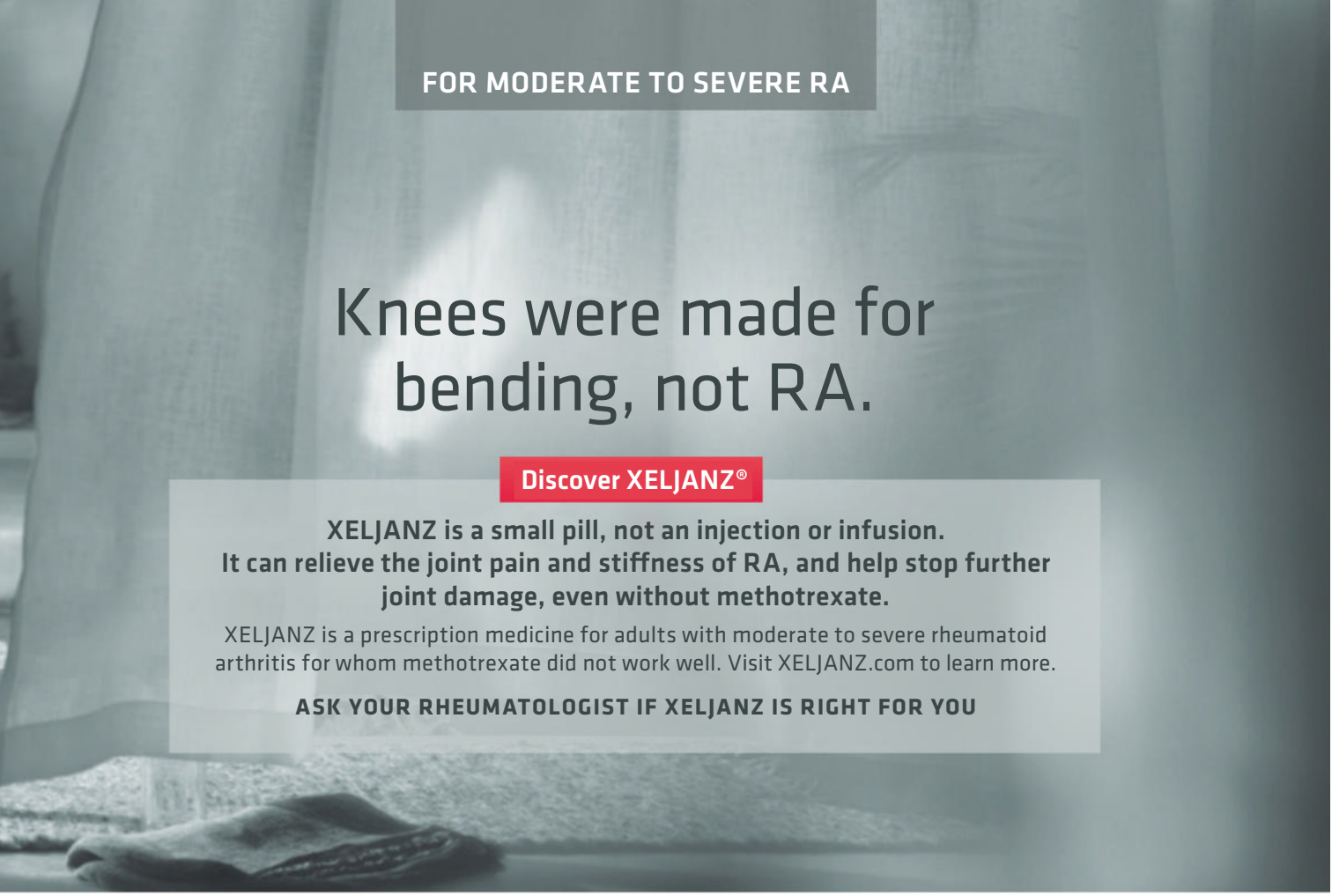
Changes in lab test results. Your healthcare provider should do blood tests before you start receiving XELJANZ, and at certain times while you are taking XELJANZ, to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should also routinely check certain liver tests. You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high. Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results. Your healthcare provider should do blood tests to check your cholesterol levels 4-8 weeks after you start XELJANZ, and as needed after that.

Before taking XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection, such as fever, sweating, or chills; muscle aches; cough; shortness of breath; blood in phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinating more often than normal; or feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.



- have or have had hepatitis B or C or liver problems
- have ever had any type of cancer
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People taking XELJANZ should not receive live vaccines but can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby
 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

Tell your healthcare provider about all of the medicines you take, especially any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.

- Tell your healthcare provider if you are taking medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

What are other possible side effects of XELJANZ?
XELJANZ may cause serious side effects, including hepatitis B or C activation infection in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Tell your healthcare provider if you have the following symptoms of a possible hepatitis B or C infection: feeling very tired, skin or eyes look yellow, little or no appetite, vomiting, clay-colored bowel movements, fevers, chills, stomach discomfort, muscle aches, dark urine, and skin rash.

Common side effects of XELJANZ include upper respiratory tract infections (common cold, sinus infections), headache, diarrhea, and nasal congestion, sore throat, and runny nose (nasopharyngitis).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see additional Patient Information on the following page.

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XELJANZ®
(tofacitinib citrate)
5 mg tablets



XELJANZ [tofacitinib citrate] 5mg tablets

CONSUMER BRIEF SUMMARY
XELJANZ (ZEL' JANS') (tofacitinib)

Read the Medication Guide that comes with XELJANZ before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about XELJANZ?
XELJANZ may cause serious side effects including:

1. Serious infections.

XELJANZ is a medicine that affects your immune system. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your healthcare provider should test you for TB before starting XELJANZ.
- Your healthcare provider should monitor you closely for signs and symptoms of TB infection during treatment with XELJANZ.

You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Before starting XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweating, or chills
 - muscle aches
 - cough
 - shortness of breath
 - blood in phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than normal
 - feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common
- have or have had hepatitis B or C

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

2. Cancer and immune system problems.

XELJANZ may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers, including skin cancers, can happen in patients taking XELJANZ. Tell your healthcare provider if you have ever had any type of cancer.
- Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

3. Tears (perforation) in the stomach or intestines.

- Tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.
- Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

4. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving XELJANZ and while you take XELJANZ to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should routinely check certain liver tests.
You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high.

Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results.

You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving XELJANZ, and as needed after that. Normal cholesterol levels are important to good heart health.

See "What are the possible side effects of XELJANZ?" for more information about side effects.

What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
XELJANZ is not for people with severe liver problems.
It is not known if XELJANZ is safe and effective in children.

What should I tell my healthcare provider before taking XELJANZ?

XELJANZ may not be right for you. Before taking XELJANZ, tell your healthcare provider if you:

- have an infection. See "What is the most important information I should know about XELJANZ?"
- have liver problems
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People who take XELJANZ should not receive live vaccines. People taking XELJANZ can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby

 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding. You and your healthcare provider should decide if you will take XELJANZ or breastfeed. You should not do both.

Tell your healthcare provider about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. XELJANZ and other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take:

- any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take XELJANZ?

- Take XELJANZ as your healthcare provider tells you to take it.
- Take XELJANZ 2 times a day with or without food.
- If you take too much XELJANZ, call your healthcare provider or go to the nearest hospital emergency room right away.

What are possible side effects of XELJANZ?

XELJANZ may cause serious side effects, including:

- See "What is the most important information I should know about XELJANZ?"
- **Hepatitis B or C activation infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Your healthcare provider may do blood tests before you start treatment with XELJANZ and while you are using XELJANZ. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B or C infection:
 - feel very tired
 - skin or eyes look yellow
 - little or no appetite
 - vomiting
 - clay-colored bowel movements
 - fevers
 - chills
 - stomach discomfort
 - muscle aches
 - dark urine
 - skin rash

Common side effects of XELJANZ include:

- upper respiratory tract infections (common cold, sinus infections)
- headache
- diarrhea
- nasal congestion, sore throat, and runny nose (nasopharyngitis)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of XELJANZ. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Pfizer at 1-800-438-1985.

General information about the safe and effective use of XELJANZ.

Medicines are sometimes prescribed for purposes other than those listed in a brief summary. Do not use XELJANZ for a condition for which it was not prescribed. Do not give XELJANZ to other people, even if they have the same symptoms you have. It may harm them.

This brief summary summarizes the most important information about XELJANZ. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about XELJANZ that is written for health professionals.

XELSOURCE™ Answers and Support
*Certain programs and services powered by Pfizer RxPathways™

Need help paying for your medication?
XELSOURCE℠ may be able to help – regardless of your insurance situation.*
Learn how at **www.XELSOURCEHelps.com**

This brief summary is based on XELJANZ Prescribing Information LAB-0445-7.0 and Medication Guide LAB-0535-2.0.
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Pfizer



Make sure to keep that friend date—your health may be better for it!

CALL A FRIEND, EXTEND YOUR LIFE

Girls' night out is great for more than just blowing off steam. A new study out of Brigham Young University discovered that loneliness and social isolation can actually shorten your life—and the risk is bigger than that posed by obesity. What's more, the effect was stronger among those under 65. "There are many ways in which our relationships have a protective role when it comes to our health and life span—friends can encourage healthy behaviors, deter risky ones and help us cope with stress in our lives," explains study author Julianne Holt-Lunstad, PhD, associate professor of psychology at Brigham Young University.

30 MINUTES

Sleep-deprived people who napped for this amount of time in the morning and afternoon experienced less sensitivity to pain than they did on the days when they didn't take naps.

SOURCE: *Plos One*



YOU, TOO, CAN BE FURIOUSLY HAPPY

BY JENNY LAWSON

"Being 'furiously happy' is about insisting to yourself that you deserve happiness and doing whatever it takes to bring that joy into your life, even when your own brain tries to rob it from you. It isn't something that comes naturally, especially to those of us who battle depression or mental illness, but I think that's why choosing to be furiously happy is so important. There are times in our lives when we have no other choice than to just survive the sadness, which means we need to grab the moments of happiness and joy when they come and squeeze the crap out of them—to hold them furiously to our chests and refuse to let them go. We deserve that. All of us do."

Jenny Lawson (aka The Bloggess) is author of the best-selling Let's Pretend This Never Happened *and the new book* Furiously Happy: A Funny Book About Horrible Things.

DOWNLOAD SOME JOY

These three apps (free for both Apple and Android devices) really deliver the cheer.

HAPPIFY

Sometimes you just need someone to remind you, "Hey, you've got a lot of amazing things going on in your life." Enter Happify, which will do just that, plus help you better deal when life gets stressful, with its games and feel-good messages based on the findings of positive psychology.

HEADSPACE

This approachable—not hippie-dippie—app offers a 10-minute-a-day 10-day program for beginner meditators. With tips on improving your technique, guided meditations and videos, it can help even the most crazed find a bit of peace and live more mindfully every day.

HAPPIER

Arguably one of the best ways to feel more optimistic is to start a gratitude diary—but not many of us put pen to paper these days. This app lets you upload photos or jot down notes on what you're thankful for. Either keep them to yourself to look at or share them with the Happier community.

FRIENDS, DENISE CREW/AUGUST; HEAD SHOT COURTESY OF JENNY LAWSON

THE NEW ANTI-AGER

Move over, argan—marula is the latest oil to hit the beauty scene. Extracted from the nut of the marula fruit (grown primarily in Africa), it's packed with oleic and linoleic acids, which help repair the protective barriers in skin and hair, and antioxidants to slow signs of aging. "It's great for all skin types and sinks in quickly, so you're not left overly slick," says New York City derm Joshua Zeichner, MD. Add a drop of Pure Marula Facial Oil ($78; marula.com) to your face cream, or mend overworked strands with a pump of Nexxus Oil Infinite Nourishing Hair Oil ($22; at Ulta).



← Dab a drop of marula oil on cheekbones for a pretty post-summer glow.



GET HAIR COLOR YOU'LL LOVE

BY TRACEY CUNNINGHAM

"My pet peeve is when a client sits in my chair and says, 'Do whatever you want.' I can tell you my opinion on what will look good, but your input is important, too. After all, you're the one who has to live with the color. If it's too hard to explain the shade you're after verbally, bring in visuals to guarantee less confusion. What I may think of as 'a little more blond' may be completely different from how you were imagining it. And you don't have to limit yourself to just pictures; I once had a woman bring in her handbags as color inspiration!"

Tracey Cunningham is the celebrity colorist for Redken and owner of Meche Salon in Beverly Hills. Her clients include Jessica Biel, Gwyneth Paltrow and Chrissy Teigen.



SCAN TO SHOP! *SCAN THIS PHOTO TO PURCHASE THE PRODUCTS ON THIS PAGE (LEARN HOW ON PAGE 13).*

515

The average number of ingredients a woman puts on her face and body daily (from using about 13 products).

SOURCE: Bionsen

HOW TO COVER ANYTHING

Dark circles? Blemishes? Blotchiness? Different problem spots require different tints and textures. Use this guide from Troy Surratt, founder of Surratt Beauty, to pinpoint your perfect concealer—and learn how to apply it for a flawless finish.

PROBLEM
BLEMISHES

LOOK FOR A tacky texture (usually found in tubes or compacts).
HOW TO APPLY After putting on foundation, swipe across the blemish with a concealer brush—up and down and side to side—until every curve of the bump is covered.
TRY Clinique Acne Solutions Clearing Concealer, $17; at Sephora.

PROBLEM
REDNESS

LOOK FOR A green-tinted stick to neutralize ruddiness with precision.
HOW TO APPLY Swipe along areas where skin tends to get blotchy—around your nose and chin—then use a sponge to diffuse the color evenly. Apply foundation.
TRY Japonesque Color Correcting Crayon in Green, $22; at Ulta.

PROBLEM
DARK CIRCLES

LOOK FOR A dense, creamy formula for easy-to-blend full coverage.
HOW TO APPLY With the concealer's wand, dab three small dots along the orbital bone under your eyes, then gently tap with your ring finger to buff into skin.
TRY By Terry Terrybly Densiliss Concealer, $69; spacenk.com.



WOMAN, BLAUBLUT-EDITION.COM; HEAD SHOT COURTESY OF TRACEY CUNNINGHAM

STILL PHOTOGRAPHY BY LISA SHIN

BURT'S BEES





SMOOTH FINE LINES. ERASE ALL DOUBT.

96% of women saw a reduction in the appearance of wrinkles after 8 weeks.
Uniquely formulated with Rejuvenating Hibiscus Apple Complex.

Proof Is In Our Nature



FAREWELL TO FAKE FLAVOR

BY MARK SCHATZKER

"We instinctively crave big, delicious flavors because that's how our bodies recognize nutrient-rich foods—think of the taste of a farm-fresh tomato or a peak-season strawberry. But those flavors we used to grow from the ground are now re-created with chemicals in a lab and put in junk food, giving us power-packed taste with none of the nutrition. And the produce we do eat—those strawberries and tomatoes—is becoming blander as it gets bred to be bigger and cheaper. How can we reverse the trend? Sticking with in-season produce will help you retrain your taste buds so you crave only the real thing, like the sweet corn of late August and early September. The quality and nutrition are so much better compared with the giant, waterlogged produce you find on sale in January. And going this route is often cheaper in the long run, especially if you buy from local farmers markets. Seek out the bounty of the season right now—refreshingly juicy cucumbers, dark red plums—and discover the true flavors."

Mark Schatzker is an award-winning food journalist and author of the new book The Dorito Effect.



THE #1 MISTAKE PEOPLE MAKE IN AN EMERGENCY

It's neglecting to call 911. Surprised? It may seem like an easy decision, but it's often tough to tell if the situation is serious enough to warrant reaching for the phone, points out Leslie D. Michelson, author of The Patient's Playbook. *Consider the person's past medical history (like heart issues or diabetes) when making up your mind, especially if she's elderly. Err on the side of caution and head to the ER if it's a significant head injury, regardless of age. "It's fortunate if people haven't had to experience emergencies," Michelson says, "but it's extremely important to be ready if they do happen."*

15 DAYS

Drinking sugary beverages every day for just this long can significantly boost your risk factors for heart disease.

SOURCE: *American Journal of Clinical Nutrition*

YOUR BODY ON A BINGE WATCH

It's fall, and you know what that means: Time to dive back into all your favorite shows! Or, for many of us, mainlining what we missed this summer. Almost 70 percent of U.S. TV watchers are binge viewers, according to the accounting firm Deloitte. But all that couch time could be seriously harming our health. A new study in *Diabetologica* found that for every extra hour of TV we watch a day, our risk of diabetes goes up by 3.4 percent. Still want to get your fill of *Scandal*? At right, how to avoid the worst body bummers.



YOUR METABOLISM SLOWS

THE FIX *Hit the gym before you hit the couch. It will ramp up your body's fat burning and keep you going during a TV marathon. It's especially good to lift weights: One study found that women who did just 15 minutes of strength training torched around 100 calories the next day.*

YOU MINDLESSLY SNACK

THE FIX *Stock up on healthy bites like air-popped popcorn, steamed edamame or almonds. Measure out a proper portion instead of munching straight from the bag.*

YOU SKIMP ON SLEEP

THE FIX *Give yourself a strict bedtime. Make sure you factor in at least an hour away from the alluring glow of the TV or computer to properly wind down before bed—the blue light from the screens interferes with the production of melatonin, the hormone that helps you snooze.*

PHOTOGRAPHY BY VICTOR PRADO

STETHOSCOPE, DAVID MUIR/GETTY IMAGES; HEAD SHOT COURTESY OF MARK SCHATZKER

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Unhand that doughnut: There are healthier ways to soothe stress.

FINALLY! STRESS EATING, EXPLAINED

You make a beeline for the free doughnuts in the conference room whenever you're overwhelmed at work—and researchers may have uncovered why. Women who had three sugar-sweetened drinks a day produced less of the stress hormone cortisol than those who drank beverages made with aspartame, according to a study published in *The Journal of Clinical Endocrinology and Metabolism*. The sugar also seemed to alter the way the women's brains responded to a stressful situation. But before reaching for sweets, know this: "Consuming sugar to handle stress can make you crave even more sugar, which may lead to habitual sugar consumption and possibly obesity and health problems," warns study author Kevin D. Laugero, PhD, a nutrition researcher with the USDA. Satisfy your sweet tooth healthfully with a square of dark chocolate or frozen yogurt mixed with fruit. Better yet, shake off tension with a deep-breathing break.

77% ***That's the percentage of Americans polled who say they're actively trying to eat healthier. Only 19 percent report that they're on a diet.***

SOURCE: SurveyMonkey poll for *Fortune*



ASK THE NUTRITIONIST

BY CYNTHIA SASS, RD

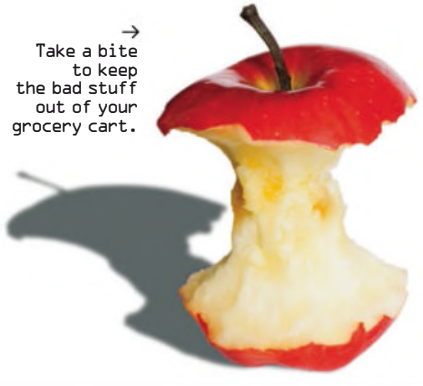
Q: I have an event coming up in two weeks. Is there a safe way to crash diet?

A: Don't starve yourself! Excessively slashing your calorie intake can leave you cranky and too fatigued to exercise, and trigger a binge before your big day. It may also weaken your immune system and lead to skin problems like acne and dryness. Instead, focus on three things. First, eat clean by ditching processed foods such as wraps, packaged snacks and sweets. Second, reduce your carb portions—without nixing them completely, so you don't zap your energy. Instead of veggie pasta, opt for a salad dressed with extra-virgin olive oil, balsamic vinegar and herbs and topped with salmon and a scoop of quinoa (the size of half a tennis ball). Finally, three days before the event, cut out foods that trigger bloating—anything carbonated, gassy veggies (like broccoli and onions) and chewing gum. Preventing gas or air build-up in your digestive system will keep your tummy flatter.

Cynthia Sass, RD, is Health's *contributing nutrition editor.*

SNACK ON THIS BEFORE YOU SHOP

Can an apple a day keep the pounds away? Possibly. Researchers at Cornell University's Food and Brand Lab found that people who ate an apple sample before grocery shopping bought 28 percent more fruits and veggies than those who ate a cookie, and 25 percent more than those who went snack-free. "Having a healthy snack right before you walk through the supermarket door will put you in a healthier frame of mind and lead you to make smarter choices," explains study co-author Aner Tal, PhD. Don't have a Gala on hand? No biggie: Researchers think any nutritious snack will do.



Take a bite to keep the bad stuff out of your grocery cart.

DONUTS: MICHAEL BAUMGARTEN/TRUNK ARCHIVE; APPLE: DARRELL EAGER/GETTY IMAGES; HEAD SHOT COURTESY OF CYNTHIA SASS



Special K®

TEMPTING MEETS WHOLESOME

The Special K Flatbread Sandwich. Real eggs, sizzling bacon, and melty cheese, all in 220 deliciously satisfying calories.



Find it with frozen breakfast sandwiches.

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BE STRONG FOR LIFE

The best moves up your performance in your favorite sports *and* everyday life. "Functional fitness trains all your muscles and your nervous system to work better together for improved strength, coordination, agility and balance," says Los Angeles celebrity trainer Juliet Kaska. A few of her must-dos:



CALF RAISES

Benefits: You'll be better at standup paddleboarding and avoid ankle sprains. "Strong calves help prevent ankle rolling," Kaska explains.

▶ Stand with feet hip-width apart and parallel; lift one foot. Without locking knee of the standing leg, rise onto the ball of your foot. Hold, then lower heel without touching floor. Do 10 to 20 reps per side.

3 POINT SQUAT AND REACH

Benefits: Improves your skiing game; helps you get up from seats easily.

▶ Stand with legs together, a 2- to 5-pound weight in each hand. Squat; bring weights to outside of left foot, arms parallel. Stand; squat and extend weights in front of you. Stand; squat and bring weights to outside of right foot. Do 5 to 10 reps.

DEAD LIFTS

Benefits: Aids your running. Also, you'll be able to pick up heavy objects.

▶ Hold a 10- to 20-pound barbell with arms hanging straight in front of thighs. Hinge forward at hips; go as low as possible, keeping back and neck in a straight line. With weight in heels, power through hamstrings to return to standing. Do 8 to 15 reps.

6 MINUTES

This much exercise (in 1-minute intervals) 30 minutes before a meal may prevent a blood glucose spike.

SOURCE: *Diabetologia*

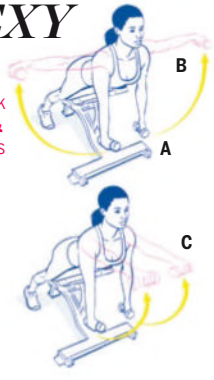


HOT MOVE

GET TARAJI'S SEXY UPPER BOD

We're totally jealous of Taraji P. Henson's sculpted back and shoulders. One of her secrets: the **Incline Front & Lateral Raise,** says her trainer Mike T. of Force Fitness Inc. Do 4 sets of 10 to 15 reps 2 or 3 times a week; follow with stretching and cardio.

Lie facedown on an incline bench. Hold a 3-pound dumbbell in each hand (palms facing in), letting arms hang down (**A**). Raise arms out to sides until they reach shoulder height (**B**). Hold, then slowly lower. Raise arms again, this time straight out in front of you (**C**). Pause when they reach shoulder height, then slowly lower. Repeat entire sequence.





3 WAYS TO PAINPROOF YOUR RUNS

BY JORDAN METZL, MD

▶ "Science tells us that women who run three or four times a week live 7½ years longer. That's a great reason to keep lacing up your running shoes. Unfortunately, I see a lot of runners with overuse injuries, such as plantar fasciitis, shin splints and Achilles tendonitis. There are three key ways to prevent these kinds of injuries. For starters, running is essentially plyometric (aka jump training), so you need to prime your body for the impact of this sport with moves that mimic it. I suggest exercises like jump squats and plyometric lunges. They help shore up the muscles around the bone, which in turn can lessen your risk of injury while making you a better overall runner. Next, when you're done with your daily run, foam-roll; it loosens the muscles and takes the load off of them, as well as the tendons. Last, when you experience pain that changes the mechanics of your running, stop! Often women will keep going because they are so mentally strong, but the longer you run while injured, the more you put yourself in harm's way. You don't want to be sidelined permanently, do you? Following these simple rules will keep you running longer, stronger and better."

Jordan Metzl, MD, is an award-winning sports medicine physician at the Hospital for Special Surgery in New York City, creator of the IronStrength workout and author of Running Strong.

WOMAN, TRUNK ARCHIVE; HENSON, AXELLE/BAUER-GRIFFIN/FILMMAGIC/GETTY IMAGES; HEAD SHOT COURTESY OF JORDAN METZL

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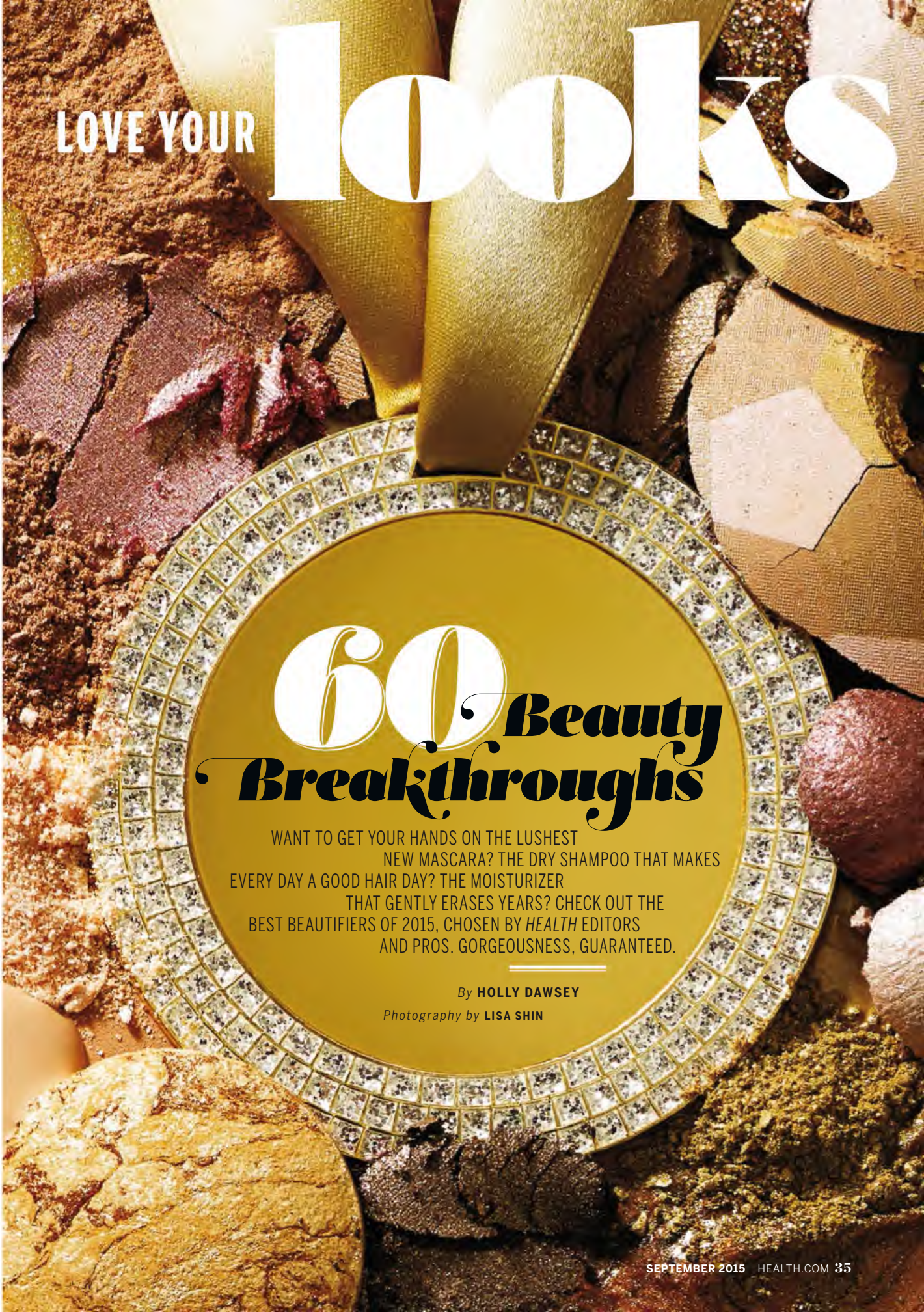
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60 Beauty Breakthroughs

WANT TO GET YOUR HANDS ON THE LUSHEST NEW MASCARA? THE DRY SHAMPOO THAT MAKES EVERY DAY A GOOD HAIR DAY? THE MOISTURIZER THAT GENTLY ERASES YEARS? CHECK OUT THE BEST BEAUTIFIERS OF 2015, CHOSEN BY *HEALTH* EDITORS AND PROS. GORGEOUSNESS, GUARANTEED.

By **HOLLY DAWSEY**

Photography by **LISA SHIN**

Skin care

THESE FACE SAVERS PASS THE TEST OF DERMATOLOGISTS—THEY'RE *THAT* GOOD.

1. ACNE TREATMENT
Benzac Intensive Spot Treatment, $13; at Walgreens
"The gel sinks in fast and goes deep to kill bacteria without overly drying," says dermatologist Jessica Wu, MD.

2. FACIAL MASK
Boscia Vitamin C Brightening Hydrogel Mask, $8; sephora.com
Vitamins and peptides deliver instant radiance. "It's like a quickie for skin!" jokes Ilana Blitzer, *Health*'s beauty director.

3. SPF FOR FACE
Skinceuticals Physical Matte UV Defense SPF 50, $34; skinceuticals.com
A physical block with a barely-there feel? "I'm impressed," Dr. Wu says. "It left my skin velvety." The mattifying tint doubles as foundation.

4. HIGH-TECH TOOL
Foreo Luna, $199; at Ulta
One side has silicone bristles to amp up your cleanse; the other has a massage pad. "The pulses mimic office devices I use to tighten skin," says dermatologist Francesca Fusco, MD.

5. AT-HOME PEEL
Dr. Dennis Gross Alpha Beta Medi-Spa Peel, $110; sephora.com
An impressive 15 acids improve texture and tone. Raves Dr. Fusco, "You'd think it was made from the Fountain of Youth."

6. DAY CREAM
Burt's Bees Renewal Firming Day Lotion with SPF 30, $20; burtsbees.com
The featherweight formula gives serious hydration plus potent anti-agers, Dr. Wu says.

7. NIGHT CREAM
Garnier Ultra-Lift Miracle Sleeping Cream, $17; at mass retailers
Found: a nongreasy rejuvenator. "When I awoke," reports beauty blogger Alexis Wolfer, "it looked like I had spent a week relaxing at a spa."

8. ANTI-AGER
Vichy Liftactiv Supreme, $42; vichyusa.com
It firms right away (adenosine pulls skin taut), our testers say, *and* over time (rhamnose stimulates collagen).

9. GENTLE CLEANSER
Simple Skincare Micellar Cleansing Water, $7; at mass retailers
This dissolves dirt and makeup and is incredibly soothing. "Bonus: no rinsing!" Blitzer says.

10. BRIGHTENER
SK-II Power Brightening Specialist, $140; sephora.com
The lightener's licorice and oat improve dark spots in weeks. "And it repairs damage that can lead to new spots," Dr. Fusco says. Win-win.

11. SERUM
SkinMedica GlyPro Antioxidant Serum, $120; skinmedica.com
This serum speeds up cell turnover. "One drop a day helps reduce signs of aging," Dr. Fusco notes.

12. EYE CREAM
Clarins Total Eye Concentrate, $83; clarins.com
A one-two punch that softens lines and de-puffs, Dr. Wu says.



13. NECK CREAM
Prevage Neck and Décolleté Firm & Repair Cream, $115; elizabetharden.com
"Like a good push-up bra," Blitzer points out, "this concentrate will give skin a little lift."

14. CLEANSER
GlamGlow YouthCleanse, $39; sephora.com
Wolfer is a fan: "My skin felt so clean and got brighter in weeks."


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Body

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15. BODY LOTION
Vaseline Intensive Care Advanced Relief Healing Serum, $8; at mass retailers
Thanks to a healthy dose of emollients and barrier protectors, "it soothes even your scaliest spots," Dr. Fusco reports.

16. SHAVING CREAM
Eos Shave Cream, $4; at mass retailers
This rich cream not only allows for a smooth shave on all skin types, Dr. Fusco says, but also adds a subtle sheen.

17. SUNSCREEN
Neutrogena Cool Dry Sport Sunscreen Spray, $12; at mass retailers
Thick sunscreens can leave your skin feeling slimy. Not this one: It dries in an invisible mesh pattern so pores can breathe easily, Dr. Wu explains.

18. RAZOR
Gillette Venus Swirl, $13; at mass retailers
"The head pivots in all directions and glides right over danger zones, like ankles and knees," Dr. Wu says. "It delivers a really close shave without creating too much pressure."

19. TOOTHBRUSH
Oral B SmartSeries with Bluetooth 4.0 Connectivity, $160; oralb.com
Sync it with your smartphone to track brushing habits. "I love how it warned me when I brushed too hard," Wolfer says.

20. ANTIPERSPIRANT
Dove Dry Spray Antiperspirant, $6; at mass retailers
Scoring high in protection against sweat and BO, this mighty mist won't give out on you. "The freshness *lasts*," Dr. Fusco confirms.

21. TOOTHPASTE
Crest Pro-Health HD, $15; at mass retailers
This two-step toothpaste is worth the extra effort: "My teeth felt cleaner and my smile got brighter," Wolfer gushes.

22. FRAGRANCE
Halle Berry Wild Essence Eau de Parfum, $28; at mass retailers
"This mix of girly florals, sultry musk and heady wood notes is the new sexy," Blitzer says.

23. BAR SOAP
Yes to Coconut Milk Bar Soap, $5; yestocarrots.com
"The lather is thick, leaving skin superclean and soft," Dr. Wu says. Also sweet: "My bathroom smelled like coconut cream pie!"

24. SELF-TANNER
Jergens Natural Glow Instant Sun Sunless Tanning Mousse, $12; at mass retailers
The express formula gives you what Blitzer calls a "very convincing vacation tan" in as little as an hour. "It's great for those last-minute 'I'm so pale!' freak-outs."

25. BODY SCRUB
Lancer The Method: Body Polish, $60; lancerskincare.com
What's so special about this body-smoothing scrub? It's self-warming, and it feels *good*. "I've never used a scrub that felt so much like a massage," Wolfer says.

26. BODY WASH
Olay Fresh Outlast Body Wash, $6; olay.com
This mild cleanser stands out in a sea of body washes because it quickly whisks away grime without stripping your skin of its natural oils, Dr. Fusco explains. Gotta love that.

(continued on page 42)

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(continued from page 38)

27. FOUNDATION
Charlotte Tilbury Light Wonder Youth-Boosting Perfect Skin Foundation, $45; nordstrom.com
It blurs imperfections and adds radiance, says celebrity makeup artist Suzy Gerstein: "Like real skin, just perfected."

28. EYELINER
NYC Big Bold & Precise Liquid Liner, $4; at mass retailers
"This liner can do it all!" Wolfer raves. Create precise lines with the slim edge, or a winged look with the wide side.

29. BROW PENCIL
Bobbi Brown Perfectly Defined Long-Wear Brow Pencil, $42; bobbibrown.com
"You can draw hairlike strokes," Gerstein says, "making sparse spots discreetly disappear."

30. POWDER
Urban Decay Naked Skin Powder Foundation, $36; urbandecay.com
"This goes on silky-smooth for a naked finish," promises celebrity makeup artist Joanna Simkin.

31. BLUSH
Nars Dual-Intensity Blush, $45; narscosmetics.com
"Pigments melt into skin, imparting perfect color and glow," Gerstein says.

32. BRONZER
Stila Stay All Day Bronzer, $36; stilacosmetics.com
Color goes on evenly, sans streaks or orange tints, for a realistic bronze, Blitzer notes.

33. PRIMER
YSL Touche Éclat Blur Primer, $52; yslbeautyus.com
"It levels out lines and illuminates so foundation looks fresh," Simkin says.

34. BB CREAM
Decléor Hydra Floral BB Cream 24-Hour Moisture, $39; decleorusa.com
"Feels like skin care, looks like makeup," Wolfer says. (Thank you, hydrating plant extracts.)

35. MASCARA
CoverGirl Full Lash Bloom by LashBlast Mascara, $9; at mass retailers
The brush really separates, Blitzer says, "so lashes look born-this-way long."

36. CONCEALER
Shiseido Perfecting Stick Concealer, $25; shiseido.com
Gerstein is sold: "This is like a second skin, hiding blemishes all day."

37. LIPSTICK
Maybelline New York ColorSensational Creamy Mattes, $8 each; at mass retailers
Meet a matte 'stick you'll like. Says Wolfer, "It feels smooth, and color lasts."

38. FACE DEFINER
Lancôme Le Duo Contour & Highlighter Stick, $36; lancome-usa.com
"A few sweeps give you cheekbones like a Kardashian," Blitzer reports.

39. LIP GLOSS
L'Oréal Paris Infallible Pro-Last Lip Color, $13; at mass retailers
One end packs color; the other holds a feathering-preventing balm.

40. EYE SHADOW
Marc Jacobs Beauty Style Eye-Con No. 7 in The Lover, $59; sephora.com
Subtle shimmers, buttery mattes: Testers agree this is everything a palette should be.

41. LIP BALM
ChapStick Total Hydration, $3; target.com
"It doesn't just sit on top of lips," Dr. Fusco says. Fatty acids penetrate to heal chapped spots.





Nails

THE BEST NEW BASE AND TOPCOAT, PLUS THE FRESHEST SHADES IN BETWEEN.

42. NAIL COLOR
Essie Cashmere Mattes, $9 each; essie.com
These six polishes are classically crisp and clean—but with a cool satin-matte finish, says manicurist Julie Kandalec.

43. TOPCOAT
Deborah Lippman The Wait Is Over Quick-Dry Drops, $20; at Sephora
"The odorless drops form a protective barrier and dry nails faster than a New York minute," Kandalec says.

44. BASE COAT
Orly One Night Stand Peel-Off Base Coat, $10; orlybeauty.com
This base eliminates the need for harsh scrubbing, soaking and even remover, our testers confirm.

45. TREATMENT
CND RescueRXX, $20; loxabeauty.com
In the age of gel manis, tips could use a little TLC. This keratin-infused formula helps strengthen nail beds and softens cuticles.





Hair

GET A SALON STYLE ON YOUR OWN WITH THESE PARTICULARLY GREAT POTIONS.

46. CURL DEFINER
Suave Professionals Luxe Style Infusion Curl Gel Serum, $5; walmart.com
Equal parts hydration and hold, it's just the fix for frizz-free, bouncy ringlets, says celebrity hairstylist Paul Cucinello.

47. HAIR COLOR
Revlon Color Effects Ombré, $11; at mass retailers
Our pros unanimously declare this DIY dye a cinch: Just comb onto ends and work your way up for a trendy fade.

48. BLOW-DRY BALM
Tresemmé Runway Get Sleek Blow Dry Balm, $7; at mass retailers
"A few pumps give hair a salon-smooth style," Cucinello says.

49. CONDITIONER
Clear Scalp & Hair Active Damage Resist Conditioner, $6; at mass retailers
Emollients stave off styling damage. "My hair was much softer after blow-drying," Wolfer says.

50. CONDITIONER FOR COLOR-TREATED HAIR
Motions Color Care Dual-Treatment Conditioner, $7; at mass retailers
The keratin strengthens strands; oils add gloss. "Hair stays vibrant," Cucinello promises.

51. MOUSSE
Unite Elevate Mousse, $29; unitehair.com
Big bounce, minus stiffness. Cucinello is a convert: "I'd love to start every blow-dry with it."

52. DRY SHAMPOO
Aussie Total Miracle 7N1 Dry Shampoo, $5; at mass retailers
Some dry shampoos make hair feel dirtier, but not this clear spray, Blitzer reports.

53. ROOT TOUCH-UP
Oribe Airbrush Root Touch-Up Spray, $29; oribe.com
No one will know you've used it, testers assure—it blends right in and doesn't budge.

54. LEAVE-IN TREATMENT
Proganix Quench Coconut H2O+ Electrolytes Leave-In Moisture, $12; ulta.com
This supercharged balm adds incredible shine.

55. SERUM
Kérastase Résistance Double Sérum Thérapiste, $43; kerastase-usa.com
Our testers loved that this weightless wonder can mend split ends.

56. MASK
Milbon Plarmia Hairserum, $36; milbon-usa.com
Need rehab? "This morphs damaged hair into virginlike and silky strands," Cucinello says.

57. SHAMPOO FOR COLOR-TREATED HAIR
Paul Mitchell Ultimate Color Repair Shampoo, $20; paulmitchell.com
Special fade-defying suds help keep your dye job looking fresh.

58. SHAMPOO
Pantene Pro-V Full & Strong Body Building Shampoo, $4; at mass retailers
A pump-it-up product that works. Wolfer's favorite part: "So rich, it felt like a luxe hair bubble bath."

59. HAIRSPRAY
Clairol Professional iThrive Weather-Resistant Hairspray, $9; at Sally Beauty
"Strong, yet flexible enough for waves you can run your fingers through," Wolfer says.

60. BODY BUILDER
Aveda Thickening Tonic, $26; aveda.com
Does the trick, our judges attest, thickening strands from root to tip. ■

MEET OUR EXPERTS

Ilana Blitzer, *Health* beauty director
Paul Cucinello, celebrity hairstylist in Los Angeles and New York City
Francesca Fusco, MD, assistant clinical professor of dermatology at Mount Sinai Hospital in New York City
Suzy Gerstein, New York City celebrity makeup artist
Julie Kandalec, celebrity manicurist and creative director of Paintbox in New York City
Joanna Simkin, New York City celebrity makeup artist
Alexis Wolfer, founder of TheBeautyBean.com
Jessica Wu, MD, assistant clinical professor of dermatology at the University of Southern California School of Medicine in Los Angeles

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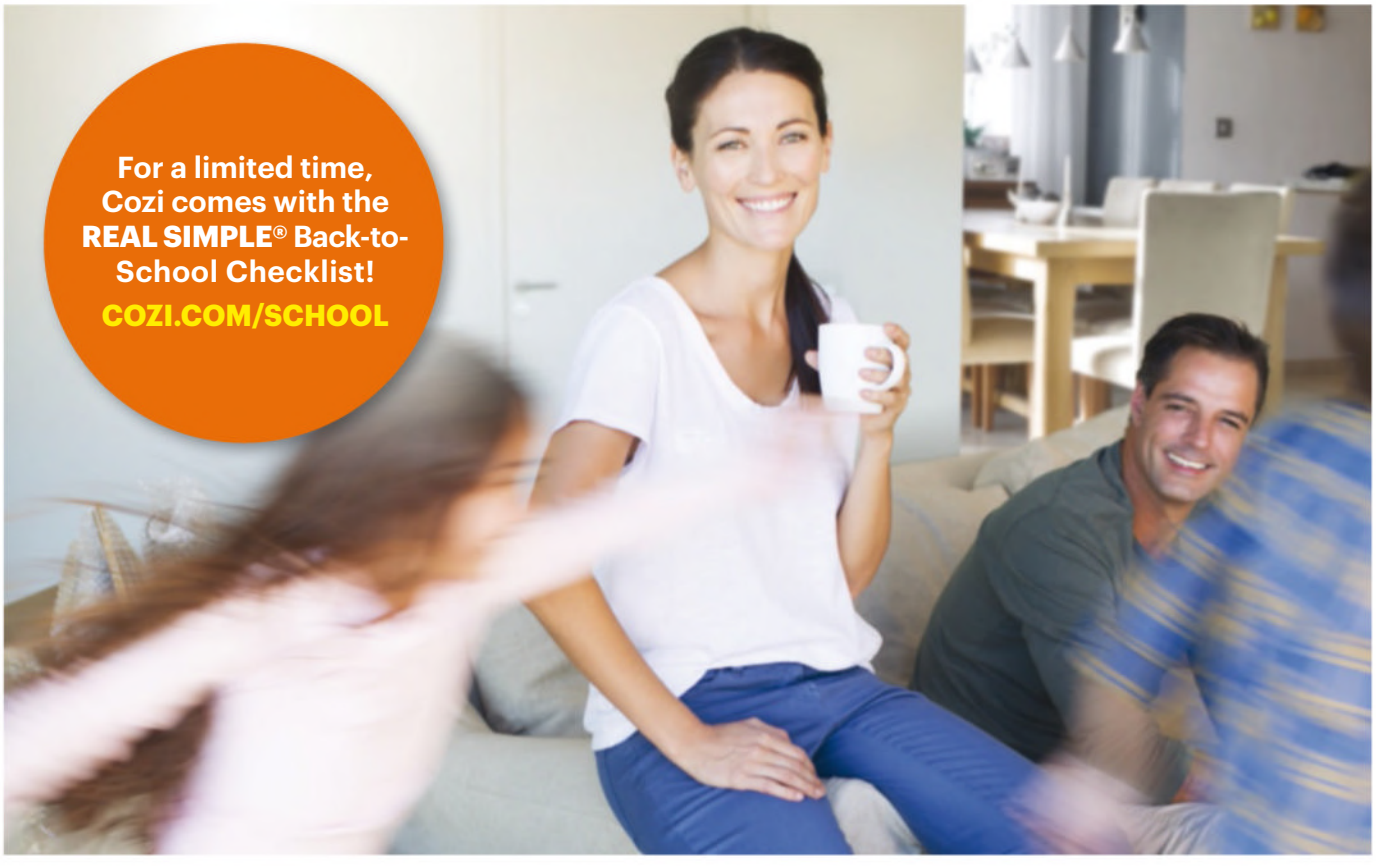
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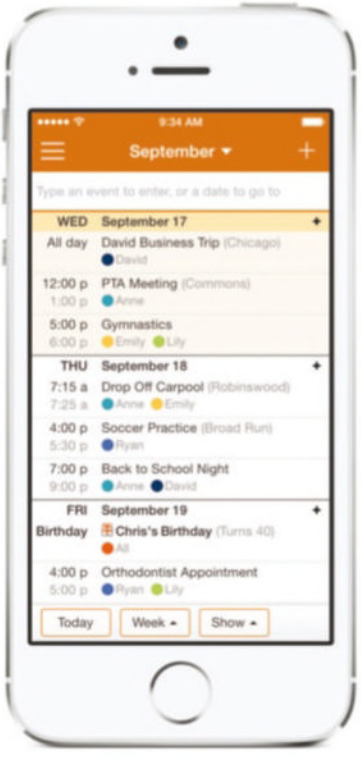
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BEST share

5 Reasons You're Always Hungry

Are constant cravings adding inches to your waistline—and driving you crazy? Learn how to banish that bottomless pit.

By **JESSICA BROWN**



Yes, it's possible to pig out (even on pork rinds) and still be starving afterward. ←

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Shopping on an empty stomach can cause you to overeat. ←

YOU DAYDREAM ABOUT lunch (even though it's only 10:30 in the morning) and sniff around the fridge 30 minutes after a big dinner. What's behind that insatiable need to feed? In some cases, the problem may lie in subpar food choices. "Feeling full isn't just a numbers game," says Jennifer McDaniel, RDN, spokesperson for the Academy of Nutrition and Dietetics. "You can consume plenty of calories and still feel famished because you aren't eating satisfying, nutrient-dense foods." But seemingly innocent everyday habits (like your smartphone addiction) can also send your appetite into overdrive. Read on for some easy ways to quiet those cravings—along with your growling stomach—for good.

CULPRIT #1

You skimp on protein at breakfast

If your hunger seems more intense at night, you may need to add more protein in the morning. Eating a breakfast rich in protein improves appetite control and makes people less likely to reach for fat- or sugar-loaded snacks in the evening, according to research published in the *American Journal of Clinical Nutrition*. "Unfortunately, most of us eat grab-and-go breakfasts that are high in fat and carbs because they're convenient," says study author Heather Leidy, PhD, assistant professor of nutrition and exercise physiology at the University of Missouri.

THE FIX Give your morning meal a makeover. Include foods that are packed with protein and require little or no prep, such as Greek yogurt, high-protein cereals and make-ahead hard-boiled eggs. If you prefer oatmeal or pancakes, add a scoop of protein powder to make them more filling. Or head to your supermarket's frozen-food aisle: Companies such as Amy's Kitchen and Weight Watchers offer protein-rich microwavable breakfasts.

CULPRIT #2

You cut too many calories

It's only natural to feel a little hungrier while you're on a diet. But if you're always starving, you may have slashed more calories than necessary. "Just because a diet plan advises eating *x* number of calories a day doesn't mean that's enough for everyone," McDaniel says. (Generally, the taller/heavier/younger/more active you are, the more calories you need.) Eating too little could sabotage your weight-loss goals by making you more likely to binge or too tired to exercise.

THE FIX Before you start a weight-loss program, determine your daily calorie needs. Apps such as Lose It and MyFitnessPal and the USDA's calculator (supertracker.usda.gov) will do the numbers for you. It's also helpful to keep a food journal to see how much you're eating before you diet. "You may discover you've been consuming 2,800 calories a day when you should be eating 1,500, but that might be too big of a cut to make overnight," McDaniel says. Instead, consider making tweaks to trim 200 to 500 daily calories at a time to avoid hunger pangs.

CULPRIT #3

You're a big fan of smoothies and juices

Depending on how it's made, a smoothie can be a healthy choice—but compared with most

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PLEASE LEAVE AWESOME UPSIDE DOWN MOVES TO THE PROFESSIONALS.

food, it's not a filling one. "Drinks have weak satiating properties," says Richard Mattes, PhD, a distinguished professor in the department of nutrition science at Purdue University. That's because feeling satisfied isn't only about how much you consume—the sensory experience matters, too. Beverages are problematic because they deprive you of the act of chewing, which contributes to a feeling of fullness. "A drink is in your mouth for just a few seconds, and it leaves your stomach faster than food," Mattes says. So even a smoothie that contains a protein-rich ingredient like yogurt often won't ease hunger pangs as well as a solid food with the same amount of protein.

THE FIX You don't have to swear off your favorite blend, but swap out some helpings for solid food. In your food journal, rate how full you feel after you eat and drink so you can see whether, say, a bowl of oatmeal with fruit and nuts keeps you more powered-up than a breakfast smoothie. If you're really in the mood for a drink, make sure it has protein (milk, almonds) and includes ingredients to boost the creaminess (and thus your satiety), such as bananas or avocado.

CULPRIT #4

You're glued to your gadgets

Researchers at Northwestern University found that people who were exposed to blue light—the type emitted by laptops, tablets and smartphones—right before or during dinner felt an increase in hunger that began 15 minutes after exposure and lingered for almost two hours post-meal. The reason is unclear, but it may have to do with blue light's wakefulness-promoting effects. "It can trick your body into thinking that it's morning and you need to fuel up to take on the day," says researcher Ivy N. Cheung, a doctoral candidate in Northwestern's interdepartmental neuroscience program.

THE FIX Try to get more daylight before the sun sets; it will help you become less sensitive to blue light. And consider investing in a tool that blocks blue light on your devices. The app f.lux "warms up" the display light on computers; sites such as lowbluelights.com sell blue light–blocking glasses, as well as filters you can apply to your screens.

CULPRIT #5

You eat low-fat and nonfat everything

It may seem like a smart move, but cutting out too much fat can make you seriously hungry. While fats do provide more calories per gram than carbs and protein, they keep you fuller longer because it takes more time to digest them (so a little goes far). "A diet too low in fat can also reduce your levels of insulin and testosterone—both of which are crucial for maintaining and building muscle as you lose weight," McDaniel points out.

THE FIX Make sure that 25 to 30 percent of your daily calories come from fat, primarily from heart-healthy sources such as fish, avocado and nuts. And before you buy a low-fat food, check the nutrition panel. "Manufacturers often add more sugar and sodium to make these products tastier," McDaniel says. When it comes to diet staples like nut butters and salad dressing, pick the full-fat versions and you won't need to snack an hour later. ■

HIT "PAUSE"

The next time you're tempted to reach for a pint of chocolate ice cream, wait before diving in. "If someone were to ask to borrow a lot of money, most people would stop and say, 'I'll think about it,'" says Coral Arvon, PhD, director of behavioral health and wellness at Pritikin Longevity Center & Spa in Miami. But when it comes to treats, the majority of us don't hesitate to indulge. "Consider your decision for about 10 minutes first," Arvon suggests.

SURPRISINGLY SATISFYING!

Seriously, how often can you eat nuts? Branch out a little with these other super-filling foods.



Peas

This green veggie packs a lot of protein (8 grams per cup). For a creamy side dish, try pureeing a serving of peas in a blender or food processor with lemon zest or mint, plus a pinch of salt.



Fish

A study from Deakin University in Australia showed that fish protein may be more filling than either beef or chicken protein. Experts suspect that it's because fish takes longer to digest than the other meats.



Chia seeds

Not only are they rich in protein and fiber—both of which help slow down digestion—but they actually expand in your stomach, making you feel content longer.



Watermelon

The fruit's ultra-high water content—a whopping 92 percent—helps quiet hunger pangs. It's also diet-friendly: There are just 46 calories in 1 cup of cubed melon, and around 86 in a wedge.



Edamame

Also known as green soybeans, they're loaded with hunger fighters: 1 cup has 17 grams of protein and 8 grams of fiber. They're also high in resistant starch, a dietary fiber that fills you up and helps increase your body's ability to burn fat.

PEAS: MILTON WORDLEY/GETTY IMAGES; FISH: FRANK BEAN/GETTY IMAGES; CHIA SEEDS: STOCKCAM/GETTY IMAGES; WATERMELON: STUDIOCASPER/GETTY IMAGES; EDAMAME: ALINA555/GETTY IMAGES


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By **ROZALYNN S. FRAZIER**

Health GEAR AWARDS EDITORS' PICKS

PRINTS CHARMING

1. Under Armour UA Fly Fast Visor, $20; ua.com.
2. New Balance Tournament Racerback, $60; newbalance.com.
3. Lija Match Skort, $85; lijastyle.com.
4. Monreal London Tampa Sports Bag, price upon request; monreallondon.com.
5. Adidas Roland Garros Collection by Y-3 Adizero Sneaker, $125; adidas.com.



COURT CUTIE

1. Lucas Hugh Nordica Balcony Bra, $195; lucashugh.com.
2. Eleven by Venus Love Capri, $52; elevenbyvenus.com.
3. Cortiglia Sonoma Bag, $475; cortiglia.com.
4. Babolat Propulse BPM All Court, $120; babolat.com.
5. Asics BZ 100 Racquet, $189; asics.com.
6. Wilson "Hope" Tennis Balls 12-Can Case, $35; wilson.com.



STYLE SLAM

1. Athleta Perforated Run Cap, $25; athleta.com.
2. NikeCourt Bomber Jacket, $130; nike.com.
3. Athleta Blossom Print Chi Tank, $44; athleta.com.
4. Lucas Hugh Technical Knit Shorts, $55; lucashugh.com.
5. Adidas by Stella McCartney Tennis Bag, $200; adidas.com.
6. Adidas by Stella McCartney Barricade Sneaker, $125; adidas.com.
7. US Open Tennis Balls 24-Can Case, $85 to $90; wilson.com.



SCAN TO SHOP!
SCAN THE PHOTO AT RIGHT TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 13).

RETRO COOL

1. Monreal London Tennis Grips, $13; monreallondon.com.
2. Lululemon Sweat Cuff, $14; lululemon.com.
3. Wilson Women's Team Dress II, $55; tennis-warehouse.com.
4. Lacoste Headband, $12; lacoste.com.
5. Monreal London Anyone for Tennis Racket Bag, $650; monreallondon.com.
6. Asics Gel-Solution Slam 2 Sneaker, $85; asics.com.



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*excludes urinary tract health formula

I Got My High School Body Back

Faced with a buffet of greasy foods, Danica Bellini put on 50 pounds in college. But portion control took it all off—and more!

As told to **JULIE MAZZIOTTA**



Danica Bellini
25, 5'3"
Bradley Beach, N.J.

BEFORE
183 lb.
DRESS SIZE: 12

AFTER
123 lb.
DRESS SIZE: 2

TOTAL LOST
60 lb.
SIZES LOST: 5

Danica looks dynamite thanks to Eddie Bauer, which gave her this outfit: MicroTherm Stormdown Vest, $149, Resolution Short-Sleeve T-Shirt, $30, Movement Legging, $80, and Highline Trail Pro shoes, $130; eddiebauer.com.

SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE DANICA'S WORKOUT WEAR (LEARN HOW ON PAGE 13).

SOME PEOPLE GAIN the freshman 15. I gained the college 50. Here's what happened: I grew up vegetarian, eating my mom's dinners built around fresh produce from her garden. Then I went to college, where the only meat-free options in the dining halls were oily pizza and fries. And with my mind focused on studying for my double major, I stopped paying attention to what I was eating. By the time I graduated in 2012, I was up to 183 pounds.



GOOD-BYE, GREASY GRUB

Fast-forward nine months; I was living and working in Manhattan and finally had some disposable income. I decided to prioritize my health and sign up for Nutrisystem. I had never been good at meal planning, so the structure was perfect for me. Each day, I got four preportioned meals, including dessert. I supplemented them with fresh grocery items, like little packets of peanuts that kept me satiated between meals. By just nixing the fast food and hoofing it through the city, I knocked off 40 pounds.

MAKING IT ON MY OWN

Still, I knew that walking alone wasn't enough, so in February 2014, I joined a gym and loaded up on classes. (Zumba was a fave!) Within a month, I shed those last 10 pounds. These days, I live in a New Jersey boardwalk town; being by the beach—where I can swim, bike and run—inspired me to work off 10 *more* pounds. I still get meals delivered, but only because it makes life easier. I'm once again the healthy eater my mom raised.

SHARE YOUR TRANSFORMATION

→**Did you reshape your body?** Tell us about it at **health.com/i-did-it** and let us know what diet and fitness strategies worked for you.

DROP IT LIKE DANICA

Get all the tricks that helped Danica keep off the pounds, and find even more tips at health.com/weight-loss-stories.



▶ BRING YOUR GYM ANYWHERE
I love the *Cardio Sculpt* and *Black Fire* videos on DailyBurn. They're amazing for tightening my abs!

▶ PUMP THE BEATS
I'm a music writer, so I'm always adding to my workout playlists. Social Distortion's "Highway 101" is an old fave!





▶ GET GOOD GRAINS
My power pick: quinoa. It's versatile and filling. I add it to salads with sliced grapes.



▶ FIND A FRIEND
I've never been a big runner, so I grab a buddy if I need an extra push. Or, if we want a break from running, we'll do yoga on the beach.

HAIR AND MAKEUP BY KRISTY STRATE; QUINOA, RAY KACHATORIAN/GETTY IMAGES; HEADPHONES, PAGADESIGN/GETTY IMAGES; YOGA, CAROLINE VON TUEMPLING/GETTY IMAGES

PHOTOGRAPHY BY LAURA BARISONZI



SILENOR® is a prescription sleep medicine that is used to treat people with insomnia who have trouble staying asleep.

Important Safety Information

Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problem.

Be sure that you are able to devote 7 to 8 hours to sleep before being active again. SILENOR® should be taken within 30 minutes of bedtime. Do not take with alcohol or with other medicines that can make you sleepy. If you are on a monoamine oxidase inhibitor (MAOI) or have taken a MAOI within the past two weeks, you should not take SILENOR®. You should not take SILENOR® if you have an eye problem called narrow angle glaucoma that is not being treated, if you have severe urinary retention, or if you are allergic to any of the ingredients in SILENOR®. You should not drive or operate machinery at night after taking SILENOR®. Until you know how you will react to SILENOR®, you should be careful in performing such activities during the day following taking SILENOR®. Before you take SILENOR®, tell your doctor if you have a history of depression, mental illness or suicidal thoughts. You should call your doctor right away if after taking SILENOR® you walk, drive, eat or engage in other activities while asleep. Drowsiness is the most common adverse event observed in clinical trials. For more information, please see the complete Prescribing Information, including the Medication Guide.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary on adjacent page before prescribing SILENOR. Full Prescribing Information is available at Silenor.com.

Learn more about SILENOR® at anothernotrightmorning.com

A Good Day Starts at Night

silenor® doxepin tablets

PERNIX THERAPEUTICS

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Summary of Information about SILENOR® (doxepin) Tablets

The risk information provided here is not comprehensive. This information does not take the place of talking to your healthcare provider about your medical condition or treatment. Please talk with your healthcare provider if you want to learn more about SILENOR. The FDA-approved product labeling can be found at www.SILENOR.com or by calling 1-877-SILENOR (745-3667).

Indications and Usage

SILENOR is indicted for the treatment of insomnia characterized by difficulties with sleep maintenance.

What is the most important information I should know about SILENOR?

After taking SILENOR, you may get up out of bed while not being fully awake and do an activity that you do not know you are doing. The next morning, you may not remember that you did anything during the night. You have a higher chance for doing these activities if you drink alcohol or take other medicines that make you sleepy with SILENOR. Reported activities include:

- driving a car ("sleep-driving")
- making and eating food
- talking on the phone
- having sex
- sleep-walking

Call your healthcare provider right away if you find out that you have done any of the above activities after taking SILENOR.

Important:

1. Take SILENOR exactly as prescribed

- Do not take more SILENOR than prescribed.
- Take SILENOR 30 minutes before bedtime. After taking SILENOR, you should only do activities needed to get ready for bed.

2. Do not take SILENOR:

- with alcohol
- if you take other medicines that can make you sleepy. Talk to your healthcare provider about all of your medicines. Your healthcare provider will tell you if you can take SILENOR with your other medicines
- if you cannot get a full night of sleep before you must be active again

What is SILENOR?

SILENOR is a hypnotic (sleep) medicine that is used to treat people who have trouble staying asleep.

What are the ingredients in SILENOR?

Active Ingredient: doxepin hydrochloride

Inactive Ingredients: Microcrystalline cellulose, colloidal silicon dioxide, and magnesium stearate. The 3 mg tablet also contains FD&C Blue No. 1. The 6 mg tablet also contains FD&C Yellow No. 10 and FD&C Blue No. 1.

Who should not take SILENOR?

Do not take SILENOR if you:

- take a monoamine oxidase inhibitor (MAOI) medicine or have taken an MAOI in the last 14 days (2 weeks). Ask your healthcare provider if you are not sure if your medicine is an MAOI.
- have an eye problem called narrow angle glaucoma that is not being treated
- have trouble urinating
- are allergic to any of the ingredients in SILENOR. See the end of this Medication Guide for a complete list of ingredients in SILENOR.

Talk to your healthcare provider before taking this medicine if you have any of these conditions.

It is not known if SILENOR is safe and effective in children.

What should I tell my healthcare provider before taking SILENOR?

Before you take SILENOR, tell your healthcare provider if you:

- See **"Who should not take Silenor?"**
- have a history of depression, mental illness, or suicidal thoughts
- have severe sleep apnea
- have kidney or liver problems
- have a history of drug or alcohol abuse or addiction
- have a history of glaucoma or urinary retention
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if SILENOR will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant.
- are breast-feeding or plan to breast-feed. SILENOR can pass into your milk and may harm your baby. Talk to your healthcare provider about the best way to feed your baby if you take SILENOR. You should not breast-feed while taking SILENOR.

Tell your doctor about all of the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements.

What other medications might interact with SILENOR?

SILENOR and other medicines may affect each other causing side effects. SILENOR may affect the way other medicines work, and other medicines may affects how SILENOR works. Especially tell your healthcare provider if you take:

- a monoamine oxidase inhibitor (MAOI). See **"Who should not take SILENOR?"**
- cimetidine (Tagamet) or other medicines that can affect certain liver enzymes
- certain allergy medicines (antihistamines) or other medicines that can make you sleepy or affect your breathing
- the diabetes medicine tolazamide

Ask your doctor or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

What should I avoid while taking SILENOR?

- You should not drink alcohol while taking SILENOR. Alcohol can increase your chances of getting serious side effects with SILENOR.
- You should not drive, operate heavy machinery, or do other dangerous activities after SILENOR.

You may still feel drowsy the next day after taking SILENOR. Do not drive or do other dangerous activities after taking SILENOR until you feel fully awake.

What are the possible side effects of SILENOR?

SILENOR can cause serious side effects including:

- See **"What is the most important information I should know about SILENOR?"**

The most common side effect of SILENOR is drowsiness or tiredness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of SILENOR. For more information ask your healthcare provider or pharmacist. **Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.**

SIL-0402.P1A Rev. 04/15



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Your deodorant should keep up.
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Body changes can cause odor. So keep up with whatever the day throws your way with **Secret Clinical Strength's** Adapts&Responds Technology.™ **FEARLESSNESS.** APPLY DAILY.
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Your Better Leg (and Butt!) Plan

Challenged by a less-than lower half? Steal these failproof star-sculpting secrets.

By **TRACY ANDERSON**

IT TAKES MORE THAN JUST HEALTHY EATING TO CHANGE your lower body. That's because when we lose pounds, we tend to shed the weight from our face, arms and stomach, not our bottom and thighs. To get firm, lean legs and a lifted bum (think Jennifer Lopez), you need targeted exercises, like my sculptors on the next page. This move mix ensures that you're not making the mistake of overdeveloping your quads; if you do, your body will start to look out of balance.

Under Armour Seamless Essential Sports Bra, $25, and UA Perfect Tight Printed Capri, $60; ua.com. Nike Air Max Tailwind 7, $110; nike.com.

SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE TRACY'S WORKOUT WEAR (LEARN HOW ON PAGE 13).

STYLING BY KAREN SHAPIRO; HAIR BY SEBASTIAN SCOLARICI FOR SERGE NORMANT AT JOHN FRIEDA; MAKEUP BY HECTOR SIMANCAS USING DIORSKIN AT CROSBY CARTER MANAGEMENT

PHOTOGRAPHY BY NATHANIEL WELCH

4 TRUE LOWER-BODY BLASTERS

Don't be fooled into thinking squats and lunges are all it takes to whip your lower half into top form. You need to engage the muscles above the waist, too. These exercises tackle those tough-to-reach muscles that suck in your stomach, boost your backside and sculpt your thighs. Go through the series six times a week, adding in 30 to 60 minutes of cardio, to start seeing a difference this month.

For maximum toning, do all the moves on one side first, then repeat on the other.



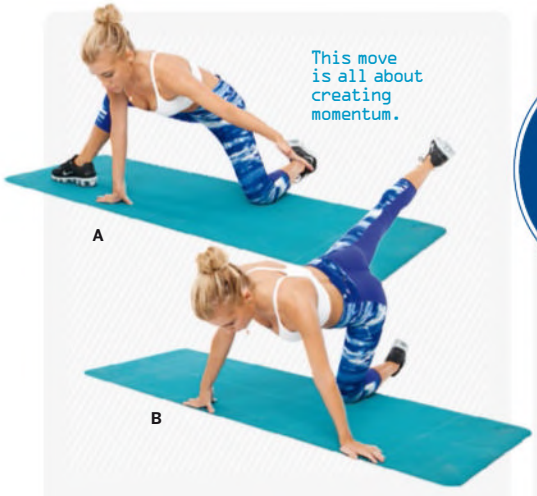
1. Knee Swing and Elbow Plank

▶ Start on all fours; lower left elbow to the floor. Keeping right leg bent, swing right knee out diagonally from body and toward right wrist (**A**). Bring right knee back in; straighten left leg as you extend right leg back and up (**B**). Lower down and repeat entire sequence. Do 30 reps.



2. Walking Hands Arabesque

▶ Start in the up part of a push-up on knees. Perform a push-up (**A**), then lift left hand and bring it under right wrist, walking hands over until you are facing sideways. Lower right elbow, then extend left leg back and up (**B**). Return to start and repeat. Do 30 reps.



3. Side Lunge to Back Kick

▶ Start facing forward with left knee and right foot on the floor. Lunge sideways into right leg as you extend left arm out to the side (**A**). Bring right leg in as you place left hand on the floor, then extend right leg back and up (**B**). Return to "A." Do 30 reps.

BONUS VIDEO
TO SHAPE UP WITH TRACY, SCAN THE PHOTO AT RIGHT, OR GO TO HEALTH.COM/TRACY-ANDERSON.



4. Hip Dip and Back Kick

▶ Start seated on right hip with legs bent and both hands on the floor (**A**). Roll onto right knee as you lift hips and extend left leg back and up (**B**). Return to start. Repeat 30 times.

CORE POWER *You need to get all the muscles in your lower abs in shape to rein in your lower body. So remember to keep a strong core (especially during these moves!) to help achieve the best bottom half possible.*

***TRACY ANDERSON** is a fitness expert with more than 15 years of experience, creator of the Tracy Anderson Method and star of more than 160 DVDs. Her clients include Gwyneth Paltrow, Jennifer Lopez, Victoria Beckham, Nicole Richie and Sienna Miller.*

Make Over My... Work Snacks

Follow these smart nine-to-five nibbling strategies from *Health*'s nutritionist.

By **CYNTHIA SASS, RD**



TOP NOSHING MISTAKES, FIXED

Whether your weakness is nonstop grazing or a "treat yourself" tendency, here's how to clean up your office diet.

THE MISTAKE

YOUR OCCASIONAL SPLURGE BECOMES A REGULAR THING

THE MAKEOVER It happens all the time: An afternoon treat to break up a stressful workday—like a mocha topped with whipped cream or peanut butter pretzels—progresses from a once-in-a-while indulgence to a daily habit. If you've developed "treat creep," as I call it, swap your goodie for a healthy substitute for 30 days, then reintroduce it in a scheduled way (for example, have it on the first Friday of each month). The splurge will become special again, and you'll likely slash hundreds of calories a week.

THE MISTAKE

YOU NIBBLE ALL DAY

THE MAKEOVER You might graze because you've heard it's good to eat small, frequent meals, but you could be overloading on calories. A University of Illinois at Chicago study found that women who snacked midmorning (between 10:30 and 11:30) lost significantly less weight than those who didn't. Also, a higher proportion of midmorning snackers ate more than one snack a day, which can impede weight loss. Snack only when you're hungry and to prevent going too long between meals. For most of us, that's one snack a day, between lunch and dinner.

THE MISTAKE

YOU NEVER BRING A SNACK AND END UP SCAVENGING

THE MAKEOVER When you're hunting down office grub, chances are you'll stumble upon Cheetos rather than fruit. So get into the habit of packing a smart snack. Assemble it when you do something that's already part of your daily routine, like cleaning up after dinner. Prep time can literally be one minute.

THE MISTAKE

YOU LOSE ALL WILLPOWER WHEN FACED WITH OFFICE CELEBRATIONS

THE MAKEOVER Create room for extras by reining it in elsewhere. Planning on having a cupcake? Order a chopped salad at lunch to prevent carb overload. It's also perfectly OK to wish your office mate happy birthday without downing cake if it's just not worth the trade-off (e.g., more time on the elliptical).

3 SURPRISING VENDING MACHINE PICKS

If feeding a machine a buck or two and pressing a button is your only choice (we've all been there!), make the best of it with these preferred options.



NUTS OR SUNFLOWER SEEDS

▶ They're whole foods full of plant-based protein and usually have less sodium than processed snacks.



POPCORN

▶ It's a whole grain and provides fiber. A single-serve bag typically packs only 11 grams of carbs, compared with about 23 grams in a single-serve bag of pretzels.



PLAIN POTATO CHIPS

▶ The classic kind commonly contain just potatoes, oil and salt, while you'll find a laundry list of iffy ingredients in cheesy puffs and flavored chips.

WOMAN, PASCAL DEMEESTER/FOLIO-ID.COM; NUTS, KEVIN SUMMERS/GETTY IMAGES; POPCORN, CREATIVE CROP/GETTY IMAGES; CHIPS, JOHN GOLLOP/GETTY IMAGES

NAVIGATE THE GOODIES TABLE

Nearly all my working clients, from teachers to accountants, have to confront an area (the break room, someone else's cubicle) where not-so-healthy treats reside. When the 4 p.m. slump hits, use these three strategies to stay in control.

CHECK YOUR HUNGER

▶ Actual hunger has physical symptoms, like tummy-growling. If you find yourself simply wanting to snag something off the table, ask yourself why. Is it because you're tired, stressed, bored, procrastinating? Address this "mind hunger" in ways that don't involve eating—for example, listen to a five-minute guided meditation or chit-chat with a co-worker.

RANK THE OPTIONS

▶ When faced with treats you didn't take the time and energy to seek out yourself (such as the snickerdoodles Jane from accounting brought in), immediately rank each option on a 1-to-5 yumminess scale, with 1 being "meh" and 5 being "can't live without it." If something doesn't score at least a 4, I bet you won't regret forgoing it.

EAT WHILE UNDISTRACTED

▶ OK, you're hungry, and you've chosen a completely worthy splurge. After grabbing your treat, fight the urge to surf the Web or answer emails while you cram it in. Savor. Each. Morsel. Eating slowly and paying attention to the flavor, texture and aroma of your snack can help you feel satisfied with a smaller portion and move on with your day without lingering thoughts of returning to the table.



DIY ENERGY BALLS

- ¼ cup unsweetened sunflower seed butter
- ¼ cup raw rolled oats
- 2 tsp. dried black mission figs, minced
- ¼ tsp. ground cinnamon
- 1 Tbsp. maple syrup

1 Stir all ingredients in a bowl until thoroughly combined. Refrigerate for 20 minutes. Using your palms, roll into 12 mini balls (about 1 inch in diameter). Store in the fridge.
2 Toss them in a zip-top baggie or sealable container and bring to work along with your packed lunch. Pop 1 or 2 if you need to take the edge off hunger. (Each ball has 45 calories.)



THE DESK-DRAWER DEBACLE

Should you stock your desk with snacks? It depends on your track record. If having food on hand triggers you to mindlessly nibble, then storing even healthy options within close reach can set you up for disaster. But some find that keeping good stuff nearby prevents them from eating junkier options. If that's you, stock up. Just put your stash anywhere that requires you to get up from your chair. Here, desk munchies, rated.

PICK IT

▶ INDIVIDUALLY WRAPPED DARK CHOCOLATE SQUARES

The treat can satisfy a sweet tooth while providing minimal calories (45 per 0.32-ounce square) along with mood-boosting, heart-protective antioxidants.

▶ ROASTED CHICKPEAS

You'll get your crunchy, salty fix as well as an array of nutrients like fiber and potassium. Plus, an Australian study found that chickpeas can help curb the desire to eat processed snacks.

▶ FRUIT AND NUT BARS

They offer built-in portion control for people who have a tough time limiting servings of nuts or dried fruit. Look for brands with "clean" ingredient lists that read like a recipe you could make yourself.

SKIP IT

▶ BOX OF CRACKERS

They tend to be highly processed and pack far more carbs than you can likely burn sitting at a desk, and they're difficult to stop eating once you start. The same holds true for pretzels and pita chips.

▶ JAR OF NUT BUTTER

It's just too tempting to keep dipping in your spoon. I've had clients confess that they polished off an entire jar in one week. Stock whole nuts instead, in premeasured ¼-cup portions.

▶ CEREAL

You can store some at the office for breakfast in a pinch, but if you keep a box at your desk, you might start grabbing handfuls throughout the day and find you've finished the whole thing.

HAND, TRUNK ARCHIVE; ENERGY BALLS, ISTOCKPHOTO

PRESERVE YOUR RIGHT



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BUILD A BETTER SNACK

To keep you feeling satisfied and energized, a snack should provide a balance of good carbs and either protein, fat or both. (In other words, eating just a few carrots won't suffice.) These five fit the bill.



EPIC TURKEY ALMOND CRANBERRY BAR
Like turkey jerky but combined with almonds and cranberries, it has 14 grams of lean protein.



1 CUP OF FRESH RED GRAPES
+
½ CUP ROASTED ALMONDS
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+
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1 POUCH LEMON & ROSEMARY OLOVES
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TRIBE HUMMUS SINGLE-SERVE SNACKER
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KRISTIN McGEE is a leading yoga and Pilates instructor in New York City. Find her favorite moves and latest inspiration at health.com/kristin.

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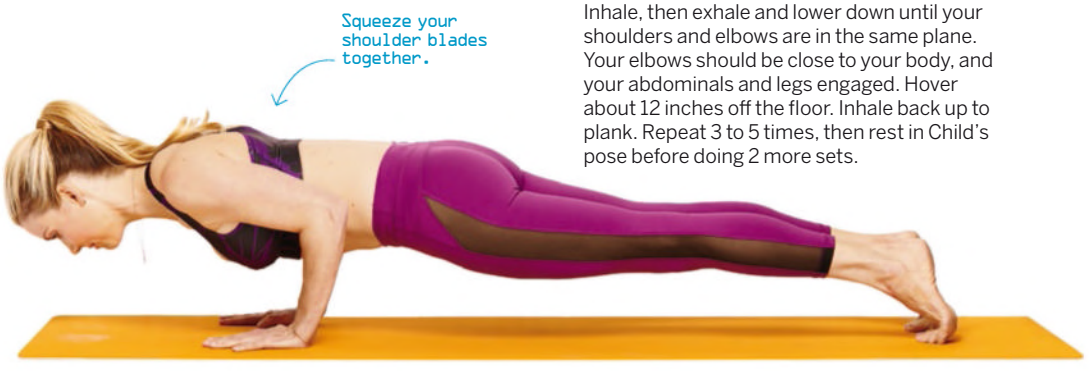
By **KRISTIN McGEE**

CHATURANGAS are a secret weapon. In just one yoga class you might do as many as 50 of these push-ups, and you'll have the results to show for it. The beauty of the move is that it defines the often neglected backside of the arms—the triceps—while also strengthening the chest, shoulders, back and biceps. It's traditional to go from Chaturanga into Upward Facing Dog during Sun Salutation, but if you do the push-up back to plank, you'll build even more upper-body strength and sculpt standout arms. Try doing the sequence at least three times a week, if not daily, right when you get out of bed so you'll be armed and ready for the rest of the day.



1

Start in plank position. You want your shoulders directly over your hands and your body in a straight line from head to heels.



2

Inhale, then exhale and lower down until your shoulders and elbows are in the same plane. Your elbows should be close to your body, and your abdominals and legs engaged. Hover about 12 inches off the floor. Inhale back up to plank. Repeat 3 to 5 times, then rest in Child's pose before doing 2 more sets.

PROTECT YOUR SHOULDERS

Try the series above modified first, with your knees on the floor, to make sure you can do it with proper form. One of the most common mistakes is to let the shoulders round forward, which can injure the rotator cuff.



Vie Active sports bra, $88, and Without Walls cropped leggings, $64; urbanoutfitters.com.

SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE KRISTIN'S WORKOUT WEAR (LEARN HOW ON PAGE 13).

Get Your Gaze On

In yoga we use our eyes as a way to concentrate. In Tree pose, for instance, when we find a spot to focus on, we are able to balance better. Think about how you can use your gaze in your everyday life to stay engaged. When you're writing an email, have only that one tab open. You'll be less distracted and remain calm.

STYLING BY KAREN SHAPIRO; HAIR AND MAKEUP BY ANGELA HUFF FOR MARK EDWARD INC; HEAD SHOT COURTESY OF KRISTIN McGEE

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← You may worry that your body is this loud—but odds are no one else hears it.

What's That Sound?

Your insides might be trying to tell you something. Decode every snap, crackle and burp with this guide to which body noises are normal—and which ones aren't.

By **KATE ROCKWOOD**

WOMAN, DAN SAELINGER/TRUNK ARCHIVE



Nose constantly whistling? A doc will check for polyps: benign (and treatable!) growths.

FROM THE RUMBLING IN your tummy to the popping of a joint, the human body produces a curious symphony of sounds. Most are perfectly normal (if slightly embarrassing). But in some cases, they can be alarm bells. "It's the context that helps you figure out if a particular noise is worrisome," explains internist Kurt Hafer, MD, clinical assistant professor of medicine at Stanford School of Medicine. Here, Dr. Hafer and other experts reveal when a gurgle, burp, queef or toot is a cause for concern—or just a giggle.

YOUR NOSE

WHISTLING is a sign of airflow obstruction and may mean excess mucus is lining your nasal passages. Clear things out with a decongestant (if you've got a cold) or an antihistamine (for allergies).
WHEN TO WORRY If you suffered a nasal trauma, whistling may indicate a tear in the cartilage between the nostrils, repairable by an ENT or plastic surgeon.

SNEEZING may be triggered by anything from a virus to bright lights, which can stimulate a reflex response running from the brain to the diaphragm. Some folks' achoos are louder because of the volume of their lungs, size of their trachea or strength of their abs.
WHEN TO WORRY Chronic attacks may warrant allergy testing.

YOUR EARS

WHOOSHING that you hear when you're lying with your head on a pillow could be blood moving through your carotid artery and jugular vein, which run behind your ear. The sound becomes noticeable when external noise is blocked, says Anil Lalwani, MD, vice chair for research in the department of otolaryngology at the Columbia University College of Physicians and Surgeons. Whooshing you hear 24/7 may be due to an infection or allergies. Congestion in your eustachian tube, which connects your nose and throat to the middle ear, also muffles external sounds; it should clear on its own or with the help of an antibiotic or decongestant.
WHEN TO WORRY Whooshing without obstructed hearing could mean a blood vessel blockage or abnormality; call your doc.



RINGING in one or both ears is known as tinnitus. Infections, aging and very loud noise can damage hair cells in the inner ear that translate sound waves into electrical signals. The result: "Your cochlea sends signals to the brain even when no sound waves come in," Dr. Lalwani explains.
WHEN TO WORRY If a phantom sound lasts more than two days or is accompanied by pain or vertigo, see a doctor for tests to rule out infection or neurological issues.

YOUR THROAT

BELCHING is the sound of air escaping your stomach. No surprise—it's usually a result of swallowing air, notes Claudia Gruss, MD, a gastroenterologist at ProHealth Physicians in southwestern Connecticut. Reduce burps by not talking with your mouth full, eating slowly and skipping carbonated drinks.
WHEN TO WORRY Burps plus burning chest pain or a sore throat might be symptoms of gastroesophageal reflux disease, which can be treated with Rx drugs.

HICCUPS occur when your diaphragm spasms, causing an inhale that's abruptly stopped by the glottis (part of the larynx). The diaphragm is partially controlled by the vagus and phrenic nerves, which can be stimulated by excitement, nervousness, certain meds or stomach distention after a big meal. You might be able to halt them by holding your breath, which ups carbon dioxide levels in the lungs and may relax the diaphragm.
WHEN TO WORRY If hiccups last longer than 48 hours, seek medical care to rule out nerve irritation or a central nervous system problem.



If you burp a lot, skip straws so you'll gulp down less air.



YOUR GUT

RUMBLING or gurgling that seems to come from your belly is actually the sound of air and fluid as they're moved by muscles through the digestive tract. If you experience the noise on an empty stomach, it could mean your gut is sweeping out leftover debris—or it's a cue that it's mealtime. "When you're hungry, your brain sends a signal to your intestines that can stimulate the same activity," Dr. Gruss says. **WHEN TO WORRY** Experiencing high-pitched noises (with pain, cramping or nausea) but no BMs is a marker of partial bowel obstruction, which may require surgery.

FARTING is often a melodious indicator that your gut flora are digesting high-fiber foods, like cruciferous veggies and beans. The by-products—including methane, nitrogen and hydrogen gases—are expelled through your rectum. Give your digestive system time to adjust to a fiber-rich diet. It's worth the wait: Fiber has been linked to lower cholesterol, better bowel health and a slimmer waistline. **WHEN TO WORRY** Flatulence (with cramping and diarrhea) that occurs after you eat dairy could indicate lactose intolerance. Having these symptoms after drinking soda or fruit juice might point to a digestive disorder called fructose malabsorption. To check, try cutting out the offending foods for a week or two. Otherwise, flatulence is rarely something to worry about.

YOUR VAGINA

QUEEFING (aka vaginal wind) is the sound of an air pocket being pushed out of your vagina, explains Leah Millheiser, MD, director of the Female Sexual Medicine Program at Stanford Health Care. Air can get trapped up there when the vaginal opening closes during physical activity or sex, for example. Good old Kegel exercises to strengthen the pelvic floor may help keep air from getting into the vagina in the first place, Dr. Millheiser says. **WHEN TO WORRY** If you notice a foul odor or find stool in your vagina, call your gyno right away. Both are signs of a rectovaginal fistula, a tear that links the rectum and vagina, which typically requires surgery to repair.

YOUR JOINTS

POPPING and cracking are usually no biggie. Your joints are lubricated by fluid; when you squat or stand, the pressure in a healthy joint changes and the fluid may form bubbles that pop. **WHEN TO WORRY** "If you have popping associated with pain, locking or instability, see your doctor," urges Mark R. Hutchinson, MD, professor of orthopedics and sports medicine at the University of Illinois at Chicago. "It could be a tendon or ligament rupture, a fracture or a cartilage injury." Hear creaking with a grinding sensation? That might signal osteoarthritis, as cartilage starts to deteriorate. Anti-inflammatory meds and physical therapy can bring relief. ■

SOUNDS THAT ALARM

These three indicate a problem in your airway and warrant a call to your doctor, stat.

1 WHEEZING

Dial 911 if you can't catch your breath. Allergies, asthma or even congestive heart failure can cause the bronchi in your lungs to become inflamed and swollen. Heart failure may require hospitalization, while allergies and asthma can typically be treated with medication.

2 SNORTING OR GASPING AT NIGHT

Both are associated with sleep apnea, a condition in which the airway frequently collapses. Two other telltale signs, according to Renu Lalwani, MD, an internist at Columbia University College of Physicians and Surgeons: You snore and regularly feel tired during the day. (See page 102 for information on treatment.)

3 WHOOPING

People who have pertussis (or whooping cough) make this strange sound when they try to inhale through an inflamed airway following coughing spasms. Episodes are usually worse at night. The infection is highly contagious and is considered especially risky for children. All kids—and adults—should get the DTaP vaccine.

BODY NOISE ALL-STARS

Seven of the loudest natural emissions of all time, according to Guinness World Records. (For reference, a vacuum is 70 decibels.)



83.2 dB	107 dB	109.9 dB	113 dB	114.2 dB	125 dB	129 dB
crack of finger knuckles	*burp by a female*	*burp by a male*	*hand clap*	*click of the tongue*	*whistling*	*scream*

OPPOSITE PAGE: WHISTLE, BRIAN HAGIWARA/GETTY IMAGES; BELL, CREATIVE CROP/GETTY IMAGES; HORN, RODERICK CHEN/GETTY IMAGES; THIS PAGE: WHOOPIE CUSHION, 2/STUDIO 504/OCEAN/CORBIS; KNUCKLE ICON, AALTAZAR/GETTY IMAGES; FEMALE AND MALE ICONS, FAIRYWONG/GETTY IMAGES; CLAP AND WHISTLE ICONS, APPLEUZR/GETTY IMAGES; TONGUE ICON, TAKAO UMEHARA/THE NOUN PROJECT; SCREAM ICON, REMY MEDARD/THE NOUN PROJECT



Health's *medical editor,* ***ROSHINI RAJAPAKSA, MD,*** *is assistant professor of medicine at the NYU School of Medicine and co-founder of Tula Skincare.*

Our Doc Will See You Now

Will hot yoga give you a meltdown? Just how dangerous is the nail salon? Dr. Raj has the answers.



Is hot yoga (like Bikram) safe?

▶ Yoga practiced in rooms where the temperature is cranked up to more than 100 degrees has become popular, in part because practitioners believe it can help them sweat off calories and toxins and make them more flexible as they pose. But it's unclear whether hot yoga has more weight-loss benefits than other types of yoga, and it doesn't help you purge toxins. Even worse, it could be harmful.

First, people tend to overstretch their muscles and joints in the warmth, making them more susceptible to injuries. And while some research has shown that body temperatures stay in a safe range, one recent study found that hot yoga raised some folks' core body temps to 103 degrees, with one person's hitting 104 degrees. Even for healthy people, that could lead to headache, dizziness and dehydration; anyone with a heart condition should definitely steer clear.

Yoga itself is a wonderful form of exercise and an effective stress reliever, but it's safest to practice it at room temperature. If you do decide to try hot yoga, make sure you take frequent water breaks and stop if you begin to feel breathless or uncomfortable. Bottom line: If you really want to perspire, a good old-fashioned run, dance class or other form of cardio is your best bet.

Why do my muscles get sore before my period?

▶ Although abdominal cramps tend to be the most talked-about sign of PMS, joint or muscle pain throughout your body is fairly common around that time of the month, too. Blame hormonal fluctuations, which can make your nerve endings extra sensitive and more likely to perceive regular muscle activity as pain.

If you're prone to premenstrual aches, you might want to hold off on getting a bikini wax or trying a new gym class until your period is in full swing, because you'll feel pain more strongly when you're PMS-ing. If the soreness is regular and severe, talk to your doc about long-term treatment options, like going on a birth control pill to help regulate your hormone levels. Otherwise, over-the-counter anti-inflammatories can bring relief.

In the meantime, taking good care of yourself—getting enough sleep, exercising regularly and reducing stress—can help minimize this and other annoying PMS symptoms.

WHO KNEW?

66%

OF WOMEN POLLED BY HEALTH.COM HAVE TAKEN A PILL TO HELP THEM SLEEP.

I have a few acne scars. Is there anything I can do about them?

▶ The good news is that there are a lot of options available for diminishing the appearance of acne scars. But first, let's differentiate between the dark spot you might get after a blemish heals and an actual acne scar. After a zit disappears, it's totally common to see a mark left behind. The discoloration—known as post-inflammatory hyperpigmentation, or PIH—is normal and not actually a scar; it should fade away on its own, though that may take years.

If you can't wait that long, you can try a drugstore "brightening" cream containing ingredients such as kojic acid. If that doesn't work, a dermatologist can prescribe formulas with more powerful ingredients, like tretinoin or hydroquinone. Both OTC and Rx products with retinol can be used to fade current marks *and* prevent future discoloration.

True acne scars can range from pits to bumps. Some people are simply more

HEAD SHOT COURTESY OF ROSHINI RAJAPAKSA

ILLUSTRATIONS BY AAD GOUDAPPEL

predisposed to them—black and Asian women, for example, tend to be more likely to get PIH and scars than Caucasian women. If you're seeing an uneven texture, you can try a drugstore product that has alpha hydroxy acids to refine your complexion over time. If you have skin indentations and they bother you, see a cosmetic dermatologist, who can smooth things out using lasers, injectable fillers, chemical peels and/or other minor procedures.

Finally, remember that an ounce of prevention is worth a pound of cure. Do *not* pick at your pimples—they're much more likely to scar if you do.

I've read that nail-salon workers are at risk of serious health problems. Are weekly customers in danger, too?

▶ More and more research, as well as anecdotal evidence, suggests that cosmetologists—salon workers ranging from manicurists to hairdressers—are in fact more prone to developing respiratory issues and skin ailments than the general population. They also have higher rates of certain cancers. These health effects are partially due to the chemicals that various products may contain.

Scary, right? That said, the danger posed to a nail-salon worker breathing in fumes every day is much greater than the risk to a weekly customer. But it never hurts to take precautions. For instance, you can bring your own polishes. Get ones labeled "three-free" or "five-free," which means they're made without three or five of the potentially harmful chemicals, including formaldehyde and toluene. Three good brands to try: Zoya (zoya.com), Tenoverten (tenoverten.com) and RGB (rgbcosmetics.com). ■

3 MOVES THAT MAKE YOU INSTANTLY HEALTHIER



1. TAKE A QUICK STROLL

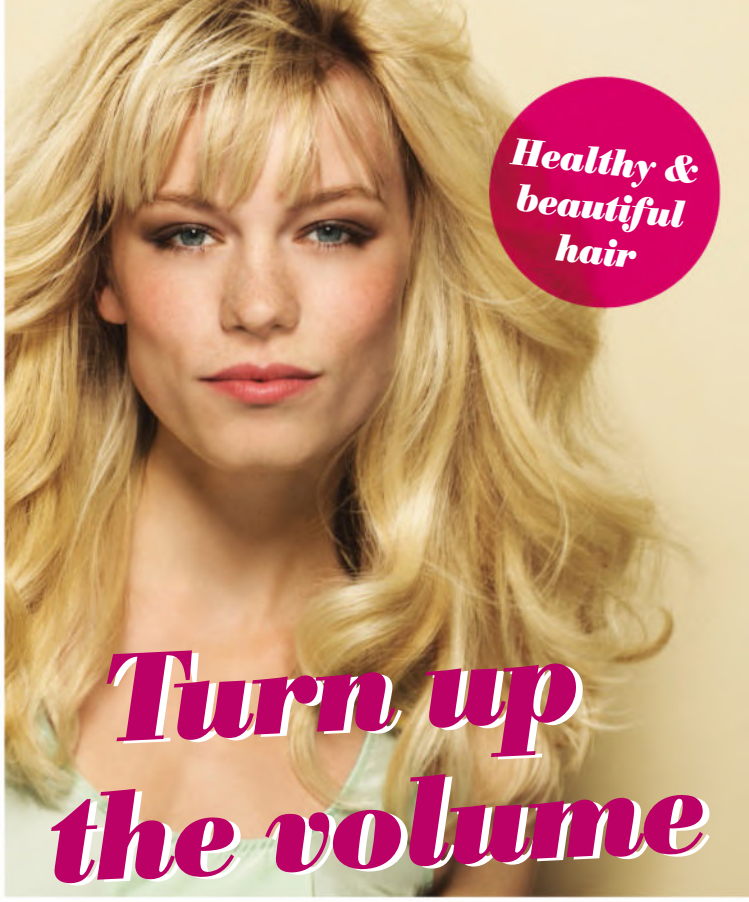
▶ Get off your duff and walk for an extra two minutes every hour and you can counteract the negative effects of spending most of your day sedentary. A new study of more than 3,200 people found that doing "light" activity (including walking and cleaning) for that much more time lowered the risk of dying early.

2. QUIT DRINKING SODA

▶ It's tough, but consider the benefits: People who swill just a can or two of sugary soda a day may be 26 percent more likely to develop type 2 diabetes than those who don't, per a study in *Diabetes Care*. And the Nurses' Health Study has found that having more than two servings a day can increase the risk of heart attack or death from heart disease by 40 percent. Might I suggest a nice flavored seltzer instead?

3. WATCH A FUNNY VIDEO

▶ Years of research provide validation for all that time spent on YouTube: A 2013 research review in the *BMJ* notes that the health benefits of laughing include less stress and anxiety, a lower risk of myocardial infraction and an increased pain threshold.



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9 Probiotic Foods You Have to Try

Go beyond yogurt to get even more health perks from beneficial bugs.

By **CELESTE PERRON**



← Different cheeses boast different microbial benefits.

PROBIOTICS ARE ALL THE rage, thanks to a wealth of new research suggesting that consuming "good" bacteria can aid digestion, keep you regular and boost your immune system. But probiotic foods are nothing new—they've been around for thousands of years and are a staple of traditional cuisines around the world.

And it's well worth branching out from yogurt. "Different species of bacteria flourish in different fermented foods, and they offer a spectrum of benefits," explains Justin Sonnenburg, PhD, associate professor of microbiology and immunology at Stanford University and author of *The Good Gut*. "So it's smart to eat a variety of fermented foods." Check out this sampling of ancient probiotic powerhouses.

AGED CHEESE

One more reason to love Roquefort and Gruyère: "The same bacteria and fungi that give aged cheeses incredible flavor profiles can add great microbial diversity to your diet," Sonnenburg says. Just use caution with aged cheeses made from raw milk; while harmful bacteria may be reduced in the aging process, pregnant women and the immunocompromised should still steer clear.



KVASS

Native to Russia, this fermented grain drink is traditionally made by adding yeast to brown bread that's been soaked in water. The kvass at your local health-food store is likely made from beets or carrots instead of bread. So in addition to probiotics, kvass has all the vitamins in fresh-pressed beet or carrot juice but with a fraction of the sugar, owing to its carb-hungry microbes. (For example, Zukay Beet Kvass contains just 4 grams of sugar per 6-ounce serving, while commercial beet-juice blends typically have more than twice that.) Can't handle drinking it straight? Try adding small amounts to salad dressing or using it in no-cook recipes (cooking kills the good bugs) in place of vinegar.

CURTIDO

A Central American cousin of sauerkraut, this fermented salsa from El Salvador usually consists of cabbage, onions and chilies, among other vegetables. It's traditionally served with pupusas (thick, handmade corn tortillas), but curtido also makes a tasty taco filling and topping for grilled chicken, fish, and rice and beans. Or you can simply give a bowl of chips a probiotic kick with fermented salsas sold by brands like Wildbrine.

SAUERKRAUT

In its simplest form, sauerkraut is shredded cabbage fermented in salted water. The tart condiment is packed with Lactobacillus plantarum, a powerful probiotic, which may help fight cancer and lower cholesterol. Look for raw (not pasteurized) varieties in the refrigerated section of your supermarket.



CHEESE: LEW ROBERTSON/GETTY IMAGES; KVASS: EHSTOCK/GETTY IMAGES; SAUERKRAUT: ALEKSANDRS SAMUILOVS/ALAMY; FRANCE, RUSSIA, GERMANY FLAGS: ENCYCLOPAEDIA BRITANNICA/UIG/GETTY IMAGES; EL SALVADOR FLAG: CHOKKICX/GETTY IMAGES



KEFIR

This fermented milk beverage (originally developed in the Caucasus Mountain region of Eurasia) tastes like liquidy yogurt but contains a more diverse range of bugs—typically at least 10 species (compared with yogurt's usual two to four). It's made using kefir "grains," a starter culture that often includes a type of yeast that may protect against gastrointestinal distress, as well as a bacteria thought to ease constipation and another that can help alleviate inflammatory gut disorders. If you're lactose intolerant, you might find kefir easier to digest than milk because its probiotics consume much of the problematic sugar before you drink it.

KOMBUCHA

This trendy, fizzy fermented tea originated in China around 220 BC as a health elixir. Today it's the subject of many claims (detoxifying! Boosts energy!) that are hard to prove. But it may have some healing powers: An animal study published in *Pharmaceutical Biology* in April found that kombucha lowered LDL cholesterol and improved liver and kidney function. "Make sure the label says 'raw' and that the formula contains little or no added sugar," suggests Jayson Calton, PhD, co-author of *The Micronutrient Miracle,* who prefers the brand LIVE Kombucha Soda.



KIMCHI

Because it's made from a variety of veggies and seasonings (including napa cabbage, garlic, chilies, ginger and fish sauce) and ferments for a long time, this spicy and pungent Korean staple contains a very diverse assortment of bugs. "Of all probiotic foods, kimchi probably ranks number one," says Raphael Kellman, MD, a New York City integrative physician and author of *The Microbiome Diet.*

PICKLES

They can be loaded with probiotics, but choose carefully. Many are pasteurized and jarred in white vinegar, which gives them a piquant taste but no friendly microbes. Instead, you want pickles that have been fermented in brine—the way they were made in ancient Mesopotamia. One study on Lactobacillus brevis, a bacteria from fermented pickles, found that regular intake significantly reduced incidence of the flu. You'll find traditional pickles in the refrigerated section of the grocery or health-food store. The label should say "naturally fermented," "nonpasteurized" or "contains live cultures," advises Michelle Schoffro Cook, PhD, author of *The Probiotic Promise.* Look for fermented green beans, cauliflower and beets, too—each packs a wide array of vitamins, minerals and probiotics.



MISO

A seasoning paste made from fermented soybeans, miso might deserve some credit for the famous longevity of the Japanese. Animal research suggests it may protect against cancers of the breast, colon, liver and lungs. The longer soybeans are left to ferment (sometimes with rice, barley or other ingredients), the more potent their health perks. (Red and brown varieties are typically fermented longer than white.) Try stirring miso into rice, dressings and sauces. Sadly, miso soup isn't a good source of probiotics, because it's cooked. Sensitive to soy? A company called South River offers varieties made with chickpeas instead. ■

HOW TO BUY BUGS IN A BOTTLE

Food is by far the best way to build up healthy gut microbes. But if you're not consuming lots of kimchi and kefir on a regular basis, consider taking a probiotic supplement. Tips for choosing a quality product:

LOOK FOR A DIVERSITY OF MICROBES

▶ For general gut health, the more kinds, the better.

CHECK THE COLONY-FORMING UNITS (CFUs)

▶ The recommended daily dose varies but tends to be in the range of 1 to 10 billion CFUs per day. Most importantly, the label should specify that this number applies at the time of expiration—not the time of manufacture. Reliable brands will promise live cultures through the expiration date. A "USP Verified" seal is another sign of a good buy.



FEED THE FRIENDLY MICROBES

▶ Your gut bacteria like to eat some of the same things you do, particularly plant-based whole foods like fruits, veggies, nuts, legumes and whole grains. Many of these foods—called prebiotics—contain types of fiber that your body doesn't readily digest; when the fiber reaches your large intestine, your microbes make a meal of it. Variety is key, says Justin Sonnenburg, PhD: "The healthy bacteria in your gut prefer different prebiotic fibers. Eating a range of prebiotics encourages microbial diversity."

Look for more on gut health in our November issue.

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Chronic Idiopathic Constipation (CIC)

"IT'S THE SAME OLD STORY. I'VE TRIED LAXATIVES, BUT THE **CONSTIPATION STILL COMES BACK LIKE A HEAVY WEIGHT.**"



Proactively manage your recurring symptoms with LINZESS®

If you're more than occasionally constipated, you may need something other than laxatives. Maybe it's time to talk to your doctor about your chronic constipation symptoms, and ask about LINZESS, a once-daily capsule approved for adults to help manage Chronic Idiopathic Constipation. "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your symptoms by allowing you to have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your chronic constipation symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with CIC.
It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Linzess® (linaclotide) capsules
145 mcg · 290 mcg

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Brief Summary of Important Risk Information
LINZESS® (lin-ZESS) Capsules

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?
LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?
- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?
- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?
Before you take LINZESS, tell your doctor:
- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?
- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?
LINZESS can cause serious side effects, including:
- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:
- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?
- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

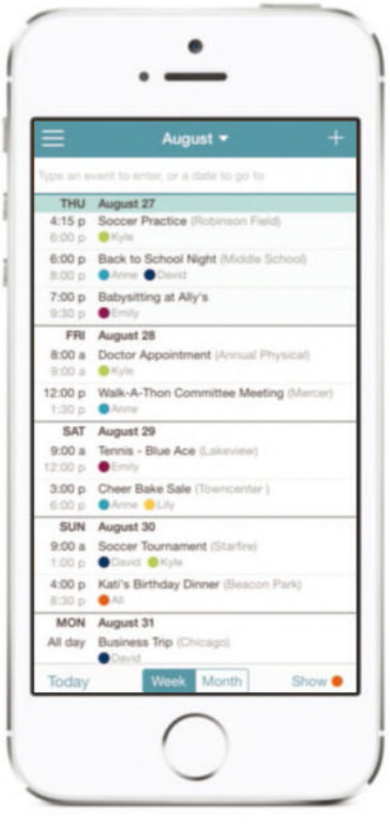
Need more information?
- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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Birth Control You Can Count On

Find out why long-acting methods like the IUD are the hottest thing in pregnancy prevention, and whether one is right for you.

By **CAMILLE CHATTERJEE**

RAISE YOUR HAND IF you're *so* over remembering (read: forgetting) to pick up birth control pill refills. Is your arm up? Then it's high time you considered LARC—long-acting reversible contraception—such as an intrauterine device (IUD) or implant. When it comes to preventing pregnancy, these devices, which a gynecologist inserts into your uterus or under the skin of your arm, "are as effective as getting your tubes tied, but they're easily reversible," says Andrew Kaunitz, MD, a professor in the department of obstetrics and gynecology at the University of Florida College of Medicine–Jacksonville.

In fact, research shows that LARC is more than 99 percent fail-safe. That's because you can't mess it up: Once it's in, simply ignore it until you want to have it removed. Done.

IUDs and the implant are particularly good options if you're over 35: Most release progestin, a hormone that can relieve bleeding associated with fibroids, which we're more prone to as we age. They're also safer for women who smoke or have high blood pressure than estrogen-based options like the pill or ring.

Intrigued? Read on to find the method that's best for your life situation, and you'll never have to agonize over an unfilled pill Rx ever again.



YOUR PICK

A copper IUD

(ParaGard)

HOW IT WORKS The only LARC that doesn't release progestin, ParaGard has a copper frame that kills sperm. If a sperm did happen to get through, the lining of your uterus would be inhospitable to a fertilized egg.

WHEN TO SKIP IT Steer clear if you have Wilson's disease, a rare condition that alters the way your body handles and removes copper. And if you've noticed reactions to copper jewelry in the past, talk to your doc before getting it. ParaGard may also make your periods heavier when you first start using it, so heavy bleeders might want to pass.

LASTS FOR It's FDA-approved for up to 10 years of use; research suggests it works even longer.



YOUR PICK

A hormonal IUD

(Mirena, Skyla or Liletta)

HOW IT WORKS All three plastic devices release progestin into the uterus. The hormone seems to block sperm from entering your uterus by thickening mucus in your cervix. It may also thin your uterine lining so any eggs that do get fertilized can't implant. A side perk: After one year, about 20 percent of Mirena users stop getting periods; most of the rest menstruate for just one to two days per cycle, says Mary Jane Minkin, MD, clinical professor of obstetrics, gynecology and reproductive sciences at Yale School of Medicine. (Periods return when the IUD is removed.) Mirena can also reduce menstrual cramping.

Never had kids? Skyla, a compact version of Mirena, may fit more comfortably into your smaller uterus. It also stops periods for some women. Lastly, if cost is a factor, ask for Liletta at your local health clinic—this newer version works the same way as the others but can be more affordable.

WHEN TO SKIP IT If you've had breast cancer, your doctor will likely advise against any hormonal birth control.

LASTS FOR Skyla and Liletta are approved for up to three years of use, and Mirena for up to five years, but studies show it may be effective for up to six years.



YOUR PICK

A hormonal implant

(Nexplanon)

HOW IT WORKS If you're nervous about IUD insertion, or if your gyno determines that you're not a good candidate, consider Nexplanon, a small, flexible plastic rod that's placed under the skin of your inner upper arm, where it releases progestin into your bloodstream. "You can have it done in five minutes," Dr. Kaunitz says.

WHEN TO SKIP IT Women who've had breast cancer shouldn't use the implant. FYI: Nexplanon can cause spotting. Mirena can, too, but it typically stops after four months; with the implant, it may go on for longer, Dr. Minkin says.

LASTS FOR Up to three years.

Can IUDs prevent cancer?

▸ Signs point to yes. Numerous studies indicate that nonhormonal IUDs may lower a woman's risk of endometrial cancer, and hormonal IUDs can sometimes be used to treat precancers and early endometrial cancers.

42%

OF WOMEN'S HEALTH CARE PROVIDERS SURVEYED USE LARC THEMSELVES, VERSUS ONLY 12 PERCENT OF WOMEN IN GENERAL.

Source: *Contraception*

HORMONAL IUD: TIMOTHY HOGAN/CORBIS; PRODUCT IMAGES COURTESY OF MANUFACTURERS

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Modern life is complicated. Between work, kids, aging parents and home repairs, your brain's energy stores are constantly drained. Re-energize it with Cognizin® Citicoline. Backed by years of clinical trials, Cognizin increases ATP energy in brain cells and helps protect aging neurons from free radical damage.* You ask a lot of your brain. Give it the energy, nourishment and protection it needs with Cognizin.*

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Pick an Allergy-Friendly Pet

If you love animals but hate the way they make you sneeze, there's hope! Find a critter that will bring you happiness—not misery.

By **LESLIE BARRIE**

ABOUT 12 PERCENT of Americans are allergic to cats and another 12 percent to dogs, according to the most recent data in *The Journal of Allergy and Clinical Immunology*. Yet 100 percent of folks in the U.S. are obsessed with cute, fluffy animals (based on our highly unscientific estimates), which puts allergic animal lovers in a terrible predicament. If you've got allergies, though, you don't necessarily have to shun (wo)man's best friend. Brush up on this info before you head to the pound or pet store.

SORRY, THERE ARE NO HYPOALLERGENIC DOGS OR CATS

When the First Family got Bo, a Portuguese water dog, because President Obama's daughter Malia has allergies, reports claimed that it was the perfect "hypoallergenic dog" (meaning it wouldn't cause an allergic reaction). "But there is no such thing," says Jessica Vogelsang, DVM, a veterinarian in San Diego. "The allergic reaction is triggered by the proteins in their saliva and skin, which of course all dogs and cats have." A study in the *American Journal of Rhinology & Allergy* confirmed this, finding no evidence that supposedly hypoallergenic dogs have less allergen. However, some breeds that shed less may be less likely to trigger reactions (see box, below).

EVERY DOG OR CAT IS DIFFERENT

Just because your neighbor's Labrador makes you sneezy doesn't mean you're going to have the same reaction to all Labradors. "It's very individual which dogs or cats will set someone with pet allergies off—and one dog of a certain breed could cause a reaction when another one may not," says Camille DeClementi, VMD, a veterinarian at the ASPCA.

Dr. DeClementi suggests spending some time at the shelter with a dog or cat you're interested in or fostering one first to see how you react, rather than ruling out a particular type or latching onto a breed you think will be OK across the board.

IT'S WORTH CHECKING WHETHER YOU'RE ACTUALLY ALLERGIC TO ANIMALS

You may think you have a pet allergy, but "an outdoor dog or cat might just be bringing in pollens or mold spores, which could be what's really causing your flare-ups," says Clifford Bassett, MD, an allergist and the medical director of Allergy & Asthma Care of New York.

Visit an allergist and get tested so you know exactly what it is you're reacting to. If results for pet allergies come back negative, still make sure to clean your pets and keep cats inside. On that note...

YOU'LL NEED TO MAKE CLEANING A BIG PRIORITY

For those who suffer from severe pet allergies, it's probably not wise to own a dog or cat—period. But if you've got mild allergies and think you can manage, you must be extra scrupulous about scrubbing your house down. Invest in a HEPA air purifier, Dr. Bassett advises, which will help trap dander, as well as a HEPA vacuum (the regular kind often just blows allergens back out).

Also key: making bedrooms a pet-free zone to minimize your exposure to dander. Though it's impossible to completely rid the room of pet allergens, you'll sleep much better, as well as have a safe haven if you feel an allergy attack coming on.

Finally, avoid heavy drapes and carpets—allergens love to make their home there—and opt for blinds and hardwood floors you can easily wipe down.



DOG, CHRISTINA GANDOLFO/ALAMY

Pets with (Some) Benefits

NONSHEDDING DOGS, LIKE POODLES
The dog hair itself doesn't cause a reaction, but the skin cells that do trigger allergies, also known as dander, bind to the hair. So having less fur around can make a difference.

HAIRLESS (OR PRACTICALLY HAIRLESS) DOGS AND CATS
They may look a little silly, but a hairless Sphynx cat or hairless dogs like the Chinese Crested and Xoloitzcuintli might expose you to less dander.

FANCY DOGS THAT REQUIRE GROOMING
Veterinarians theorize that getting washed once a week and brushed regularly can help the dog lose some of the allergen-containing dander built up in its fur. Prefer mutts? Be just as diligent.



Adding once-daily NAMENDA XR to current treatment may improve your loved one's symptoms of moderate to severe Alzheimer's disease.

NAMENDA XR works differently than other Alzheimer's medications.



Current treatment* + NAMENDA XR

By adding **NAMENDA XR**, you may see:

- **An improvement in overall function**
- **An improvement in cognition**
- **A slowdown in the worsening of symptoms for a while**

IS YOUR LOVED ONE TAKING TWICE-A-DAY NAMENDA® (MEMANTINE HCL)? ASK THE DOCTOR ABOUT NAMENDA XR FOR CONVENIENT, ONCE-DAILY DOSING.

NAMENDA XR® (memantine hydrochloride) extended-release capsules are approved for the treatment of moderate to severe Alzheimer's disease. NAMENDA XR is available by prescription only.

There is no evidence that NAMENDA XR or an AChEI prevents or slows the underlying disease process in patients with Alzheimer's disease.

*Alzheimer's treatments include ARICEPT®, EXELON®, or RAZADYNE®.
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ASK ABOUT ONCE-DAILY NAMENDA XR. VISIT **NAMENDAXR.COM** OR CALL **1-855-511-1450**.

IMPORTANT RISK INFORMATION

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. **Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.**

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.

Once-Daily
Namenda XR®
(memantine HCl) extended release capsules
7 mg, 14 mg, 21 mg, 28 mg

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Brief Summary of Important Risk Information



NAMENDA XR [Nuh-MEN-dah Eks-Are] (memantine hydrochloride) Extended-Release Capsules

This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

- Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com
or call 1 800-678-1605.
Please also see full Prescribing Information
at www.namendaxr.com.

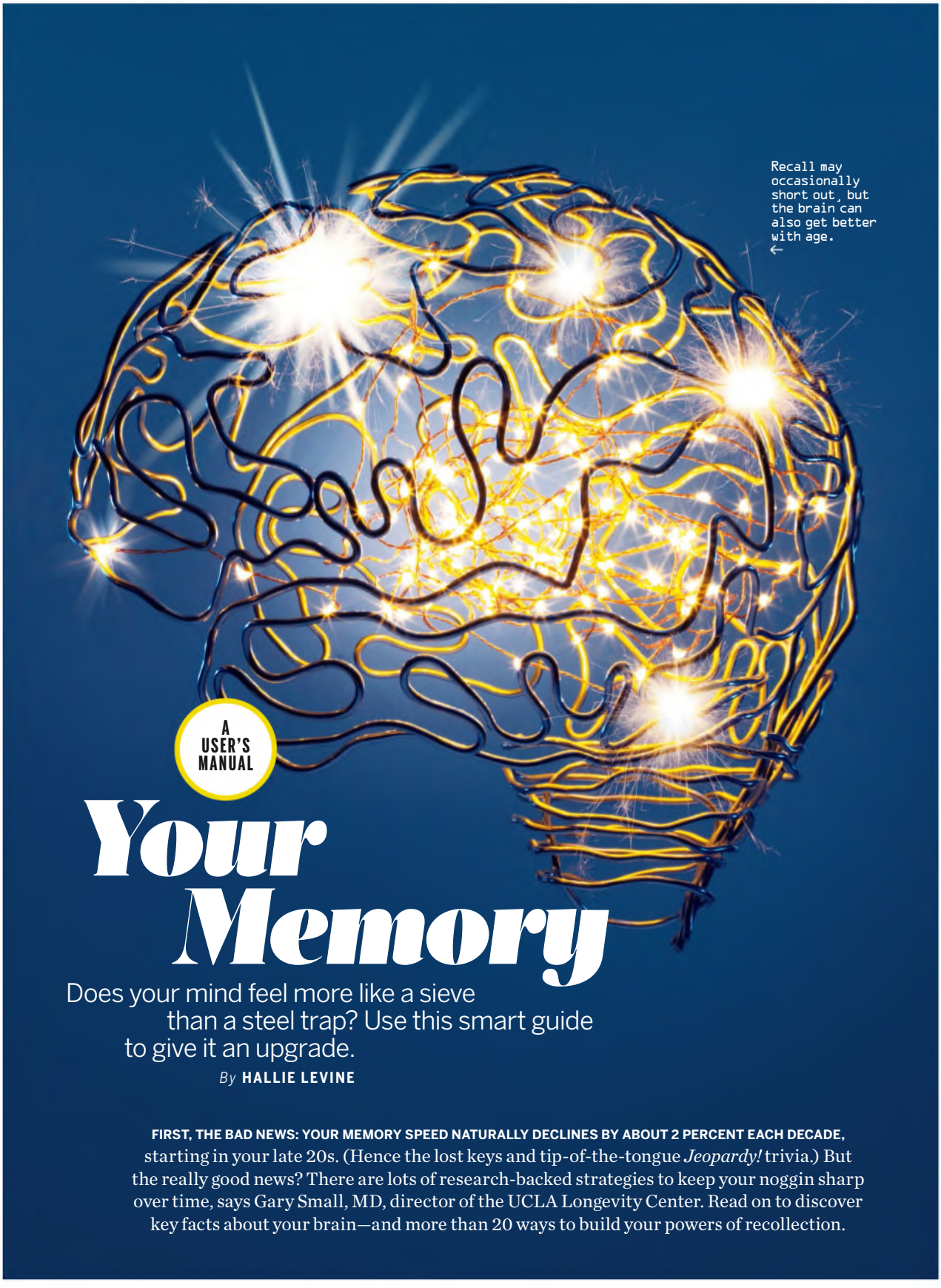
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Recall may occasionally short out, but the brain can also get better with age. ←

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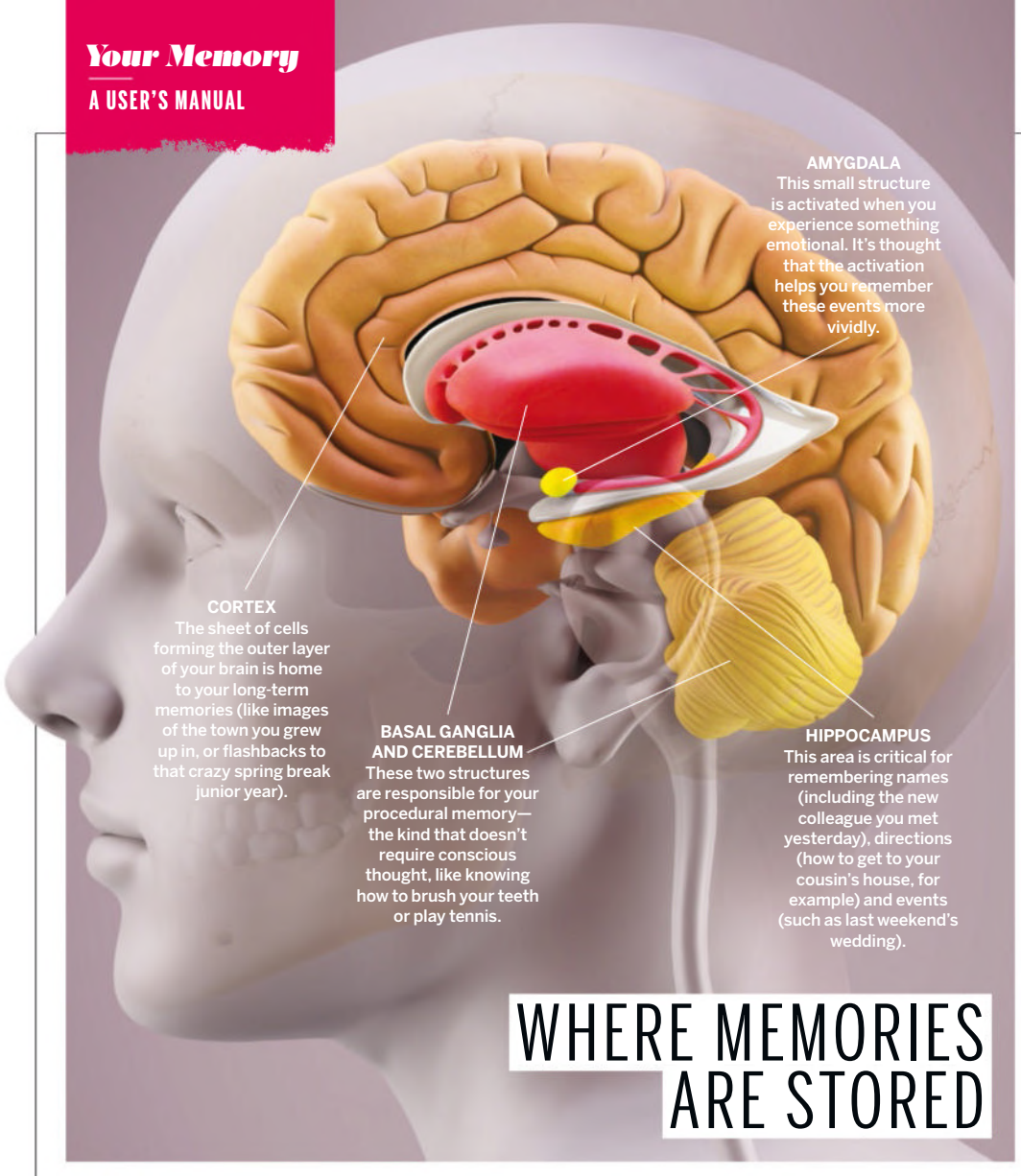
Your Memory

Does your mind feel more like a sieve than a steel trap? Use this smart guide to give it an upgrade.

By **HALLIE LEVINE**

FIRST, THE BAD NEWS: YOUR MEMORY SPEED NATURALLY DECLINES BY ABOUT 2 PERCENT EACH DECADE, starting in your late 20s. (Hence the lost keys and tip-of-the-tongue *Jeopardy!* trivia.) But the really good news? There are lots of research-backed strategies to keep your noggin sharp over time, says Gary Small, MD, director of the UCLA Longevity Center. Read on to discover key facts about your brain—and more than 20 ways to build your powers of recollection.

BRAIN, DAVID ARKY/TRUNK ARCHIVE



WHERE MEMORIES ARE STORED

FACT No. 1

YOU CAN FEED YOUR MIND

In fact, a healthy-eating plan called the MIND diet may reduce your risk of developing Alzheimer's by as much as 53 percent, according to a 2015 study. Developed by researchers at Rush University Medical Center in Chicago, it's a hybrid of the Mediterranean diet and the DASH diet (designed to lower hypertension). "Both plans emphasize healthy fats—which help curb inflammation—and antioxidants, which fight off oxidative damage in the brain," explains Dr. Small, who is also the author of *2 Weeks to a Younger Brain*. Here, five MIND staples:



SALMON
Fatty fish like salmon are rich in an omega-3 called DHA. "Middle-aged adults with high blood levels of DHA perform better on cognitive tests," Dr. Small says. Try to eat fatty fish at least once a week.

LEAFY GREENS
Folks who ate one to two daily servings of vitamin-rich leafy greens had the cognitive ability of someone 11 years younger, according to recent research from Rush University Medical Center.

NUTS
A 2014 Harvard study found that older women who ate at least five servings of nuts per week performed better on a range of memory and brain-related tests than those who didn't.

BLUEBERRIES
Like other vibrantly colored produce (from pomegranates to kale), blueberries are filled with antioxidants. Dr. Small recommends having at least 2 cups of fruit and 2½ cups of veggies per day.

OLIVE OIL
Research shows that oleocanthal, a compound in virgin olive oil, may help reduce the buildup of amyloid proteins in the brain, which are believed to be the culprit behind Alzheimer's.

Quick Tip

NEVER FORGET A NAME AGAIN

Mnemonics are little mental tricks that help your brain file information so it's easier to find when you need it, Dr. Small says. Introduced to a Diane with platinum hair? Picture Diane dyeing her hair. Met a guy named Jack who's in great shape? Create a mental snapshot of him doing jumping jacks.

Sex and the Brain

NEWS FLASH: WOMEN ARE BETTER AT REMEMBERING THINGS.

A 2015 Mayo Clinic study of people ages 30 to 95 supports what you may have long suspected: As men get older, their memory declines faster, especially after the big 4-0. The researchers discovered that women had a relatively larger hippocampus as they aged. One theory credits estrogen, which may protect against the kinds of cardiovascular risks that impact men and can have a harmful effect on the brain. Other research shows that men are simply more forgetful than women, regardless of age. A 2013 Norwegian study of more than 48,000 people found that men had more trouble recalling things like names, dates and plans.

SALMON, FRANK BEAN/GETTY IMAGES; SPINACH, CNY59/GETTY IMAGES; NUTS, ROBERT KIRK/GETTY IMAGES; BLUEBERRIES, LEW ROBERTSON/GETTY IMAGES; OLIVE OIL, CHRISTIAN BAITG/GETTY IMAGES

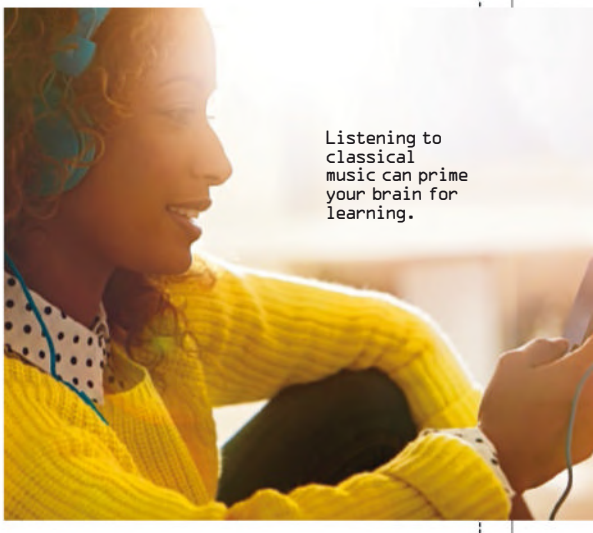
ILLUSTRATIONS BY JAMES ARCHER/ANATOMY BLUE

FACT No. 2

IN SOME WAYS, YOUR BRAIN IMPROVES WITH AGE

New research shows that crystallized intelligence—that is, the ability to use your ever-growing cache of knowledge, skills and experience—doesn't peak until your late 60s or early 70s. And while the brains of young 'uns might have faster processing speeds, older noggins can take shortcuts.

"Compare Warren Buffett with a whiz kid," explains Zaldy Tan, MD, medical director of the UCLA Alzheimer's and Dementia Care Program. "Buffett has been through a lot in life, which may allow him to go from point A to point B much more quickly." There's a layman's term for this: *wisdom.*



Listening to classical music can prime your brain for learning.



Becoming a mother actually triggers growth in the amygdala, research shows.

FACT No. 3

HORMONES AFFECT YOUR HEAD

How biological ups and downs influence your brain.

DURING YOUR MENSTRUAL CYCLE

According to a 2011 German study, the volume of your gray matter appears to peak during ovulation. But as ovulation comes to an end, your gray matter reduces in volume again, which may explain why you feel tired and foggy before the beginning of your period.

DURING PREGNANCY

Moms-to-be have increased activity in the area of the brain related to emotional skills, according to British research. It makes sense, since pregnant women are preparing to bond with their offspring, and these brain changes help explain a new mom's intense focus on baby.

DURING PERIMENOPAUSE

A 2013 study found that menopausal women scored lower on a word-list recall test than premenopausal women. Hormone swings may be to blame. But other research demonstrates that mental faculties are pretty much back on track after menopause.

BOOST YOUR RECALL

Surprising tricks that will help you remember stuff today, as well as in decades to come.

THINK BETTER NOW

Tune in to Mozart.
A new Finnish study found that listening to classical music enhances the activity of genes involved in memory.

Sniff rosemary oil.
People who did this were better able to remember to complete tasks, per research presented at the 2013 British Psychological Society annual meeting.

Break to LOL.
After seniors watched a funny video in a 2014 study, their cortisol levels dropped and they did better on memory tests. No matter your age, "anything that lowers stress will improve memory," says Majid Fotuhi, MD, chair of the Memosyn Neurology Institute and author of *Boost Your Brain.*

Pick up a language.
English speakers who studied Chinese for six weeks had better brain network connections, research found.

Take deep breaths.
Studies show that meditation helps grow the hippocampus. Try Dr. Fotuhi's 7-7-7 exercise: Inhale for 7 counts, hold for 7 and exhale for 7.

...AND LATER

Turn off the boob tube.
A 2005 study in *Brain and Cognition* found that the risk of Alzheimer's went up 1.3 times with every added hour of TV a person watched per day between the ages of 40 and 59.

Hit the gym.
People with low fitness levels in their 40s had less brain volume two decades later, per research from Boston University.

Get crafty.
Folks who indulged their creative side in middle and old age were 73 percent less likely to develop memory problems, found a Mayo Clinic study.

Prioritize sleep.
A review published in January revealed that people who enjoyed good-quality sleep in middle age had better mental functioning in their golden years. The sleep you get now may be crucial because it's deeper than the sleep you get in old age, Dr. Small says: "It can help your brain clear out amyloid proteins associated with Alzheimer's and reduces inflammation that can damage brain cells."

ELEPHANT: FLOORTJE/GETTY IMAGES; WOMAN: EZRA BAILEY/GETTY IMAGES

FACT No. 4

A HEALTH ISSUE MAY BE MESSING WITH YOUR MIND

Alzheimer's isn't the only condition that harms your memory. These four problems can also leave you feeling foggy.

DEPRESSION

People battling the blues have lower levels of serotonin and norepinephrine—two neurotransmitters that help boost attention and alertness, Dr. Fotuhi explains. The disease is also linked to a smaller hippocampus, according to a 2004 Danish review.

OTHER SYMPTOMS Fatigue, irritability, trouble sleeping, feeling hopeless, under- or overeating (lasting more than two weeks).

Rx Your MD will refer you to a psychologist or psychiatrist for counseling and possibly meds.

HYPOTHYROIDISM

Your thyroid hormones control your metabolism, and if they're low, it may take longer for nutrients to reach your brain.

OTHER SYMPTOMS Weight gain, fatigue, dry skin, hair loss, feeling cold.

Rx Your doc may prescribe synthetic thyroid hormone.

SLEEP APNEA

"When women in their 40s come to my office complaining of memory issues, one of the most common causes is sleep apnea," says James Leverenz, MD, Cleveland director of the Lou Ruvo Center for Brain Health at the Cleveland Clinic. The condition causes a closing or narrowing of the airway passages, which can lower oxygen levels in the brain.

OTHER SYMPTOMS Snoring, gasping, waking up exhausted, morning headaches, daytime sleepiness.

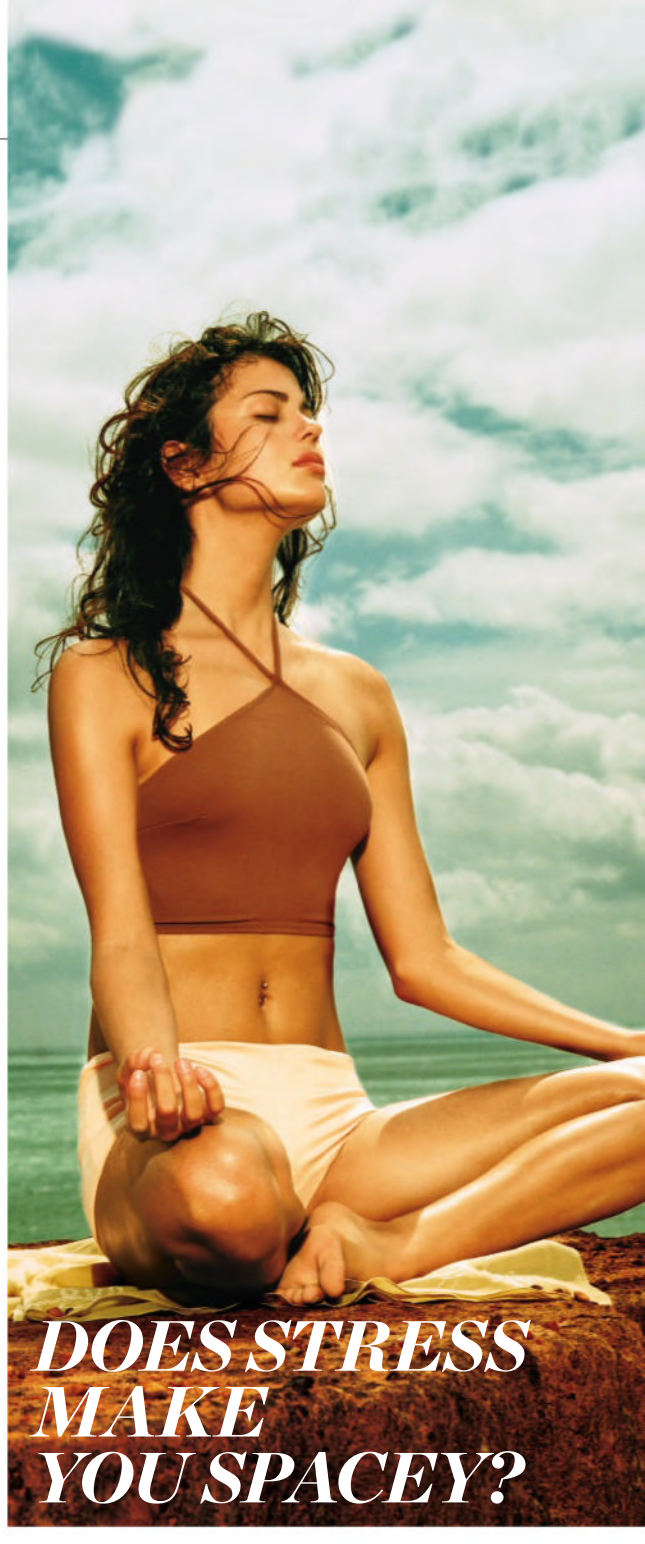
Rx Remedies include losing weight, avoiding alcohol and possibly using a CPAP machine to keep your airway open with a stream of air.

CELIAC DISEASE

Researchers aren't sure how this autoimmune disorder might affect memory, but one theory is that, left untreated, the disease may cause systemic inflammation that can have a negative effect on the brain.

OTHER SYMPTOMS Fatigue, joint pain, migraines, possibly an itchy skin rash, diarrhea (in about a third of adult cases).

Rx A small 2014 Australian study found that when celiac patients followed a gluten-free diet, brain-fog symptoms improved within a year.



DOES STRESS MAKE YOU SPACEY?

Friend or Foe?

Find out if these habits help or hurt your memory.



ALCOHOL: FRIEND

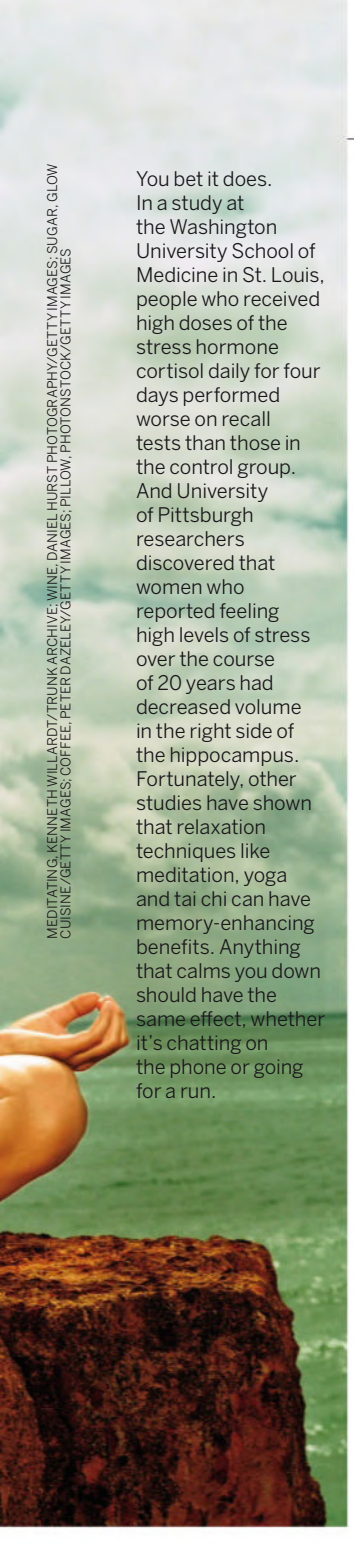
➤ *In moderation, of course. Light drinkers have about a 30 percent lower risk of dementia than teetotalers and those who really hit the sauce. One theory credits antioxidants in alcoholic beverages, though it could just be that light drinkers lead more moderate, and therefore healthier, lifestyles.*



SUGAR: FOE

➤ *The sweet stuff may have negative effects on the brain, according to a 2012 animal study. Rats fed a fructose solution had a difficult time navigating through a maze. To be safe, stick with high-fiber foods that make a minimal impact on your blood sugar, Dr. Fotuhi recommends.*





MEDITATING: KENNETH WILLARDT/TRUNK ARCHIVE; WINE: DANIEL HURST PHOTOGRAPHY/GETTY IMAGES; SUGAR GLOW CUISINE/GETTY IMAGES; COFFEE: PETER DAZELEY/GETTY IMAGES; PILLOW: PHOTONSTOCK/GETTY IMAGES

You bet it does. In a study at the Washington University School of Medicine in St. Louis, people who received high doses of the stress hormone cortisol daily for four days performed worse on recall tests than those in the control group. And University of Pittsburgh researchers discovered that women who reported feeling high levels of stress over the course of 20 years had decreased volume in the right side of the hippocampus. Fortunately, other studies have shown that relaxation techniques like meditation, yoga and tai chi can have memory-enhancing benefits. Anything that calms you down should have the same effect, whether it's chatting on the phone or going for a run.



COFFEE: FRIEND

➤ *Drinking up to three cups of caffeinated joe a day has been linked to a 65 percent lower risk of Alzheimer's. Scientists don't know exactly why, but it might have to do with caffeine's effect on brain circulation. Just don't go over three cups: Too much can affect your sleep, which you need for a healthy brain.*

WHO KNEW?!

EMOTIONS CAN MUDDY YOUR RECALL

Ever wonder how a witness to a crime can see one thing and think she saw something totally different? Her account may be skewed by fear, explains Gary Wells, PhD, a psychologist at Iowa State University who specializes in eyewitness testimony. "Fear triggers a survival response that uses up cognitive resources, so the emotion can impair memory encoding," he says.

THERE'S NO "FLASHBULB MEMORY"

Some people swear the details of an event are frozen in their mind like a photograph. Not likely, experts say. "Our memories are more like a narrative that we continually edit," says Charles A. Weaver III, PhD, chair of psychology and neuroscience at Baylor University in Waco, Texas. Research into people's recollections of 9/11 showed that more than 70 percent claimed they remembered seeing live footage of the first plane hitting the World Trade Center, even though video of the crash didn't become available until later.

DÉJÀ VU IS FOR REAL

"It's a response based on a general feeling of familiarity," Weaver explains. It may be that a particular scent or sensation has triggered a related, dormant memory, making the current situation feel familiar.

FACT No. 5

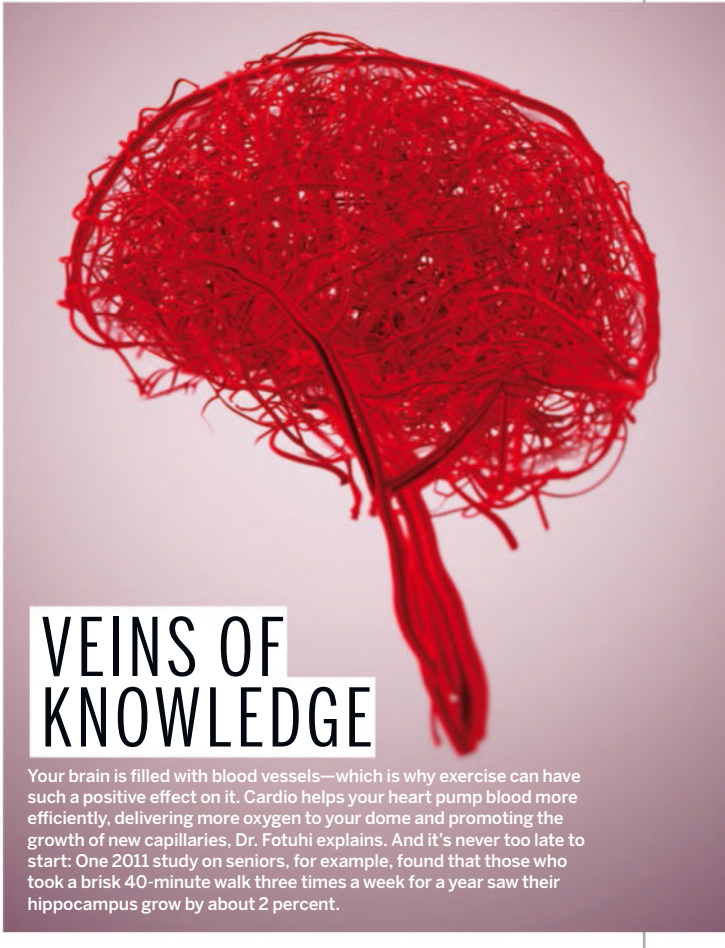
MEMORY BLIPS ARE NOTHING TO FRET ABOUT

Tip-of-the-tongue experiences can feel freaky. But a reassuring study from the University of Virginia found that these little lapses are not likely related to cognitive drop-off. "Your ability to quickly access info starts to decline naturally as early as your 30s," Dr. Leverenz explains. And chronic multitasking (which many of us do) only makes it tougher to focus. "The brain cells storing the factoid you're searching for haven't died—they just need to be dusted off," Dr. Small says. Other totally normal memory mishaps: trouble recalling what you did last month or a year ago, and a phenomenon called "scrambling" (when minor details get mixed up in your head). A sign you *should* worry? You or your loved ones notice that you're progressively struggling with daily activities—like balancing your checkbook or cooking your favorite meal. In that case, visit a neurologist.

5x

How much better your information recall is after taking a 45-minute nap, compared with watching a video.





VEINS OF KNOWLEDGE

Your brain is filled with blood vessels—which is why exercise can have such a positive effect on it. Cardio helps your heart pump blood more efficiently, delivering more oxygen to your dome and promoting the growth of new capillaries, Dr. Fotuhi explains. And it's never too late to start: One 2011 study on seniors, for example, found that those who took a brisk 40-minute walk three times a week for a year saw their hippocampus grow by about 2 percent.



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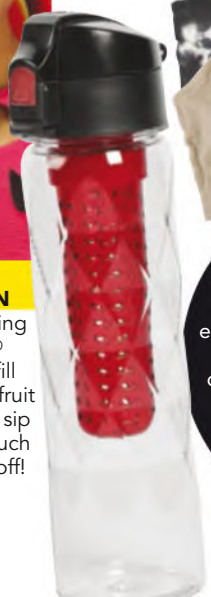




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SOPHIA BUSH *SEIZES THE DAY*

The *Chicago P.D.* star is passionate about helping others—and being good to oneself. Here's what she has learned about following your heart, taking action and discovering what matters most in this world.

By **Amy Spencer**
Photography by **Matt Jones**



Sophia Bush was born an old soul. "I was a tiny adult," she says of her childhood in Los Angeles (her mom and dad were both in the photography business). "I always wanted to save the world. My parents thought it was sweet and that I'd outgrow it—and I never did!"

Now the actress and activist, 33, is saving it in all sorts of ways. This month, she's back for a third season as crime-solving detective Erin Lindsay on the NBC drama *Chicago P.D.* Off camera, she works with organizations like Pencils of Promise to help children gain access to education, and I Am That Girl, which builds support networks for girls. And she recently partnered with I Smell Great, a beauty line that creates fragrances aimed at inspiring female confidence and uses new technology that makes her "little nerd-heart get excited."

She is also a longtime believer in the impact that healthy habits can have on your life—not just physically but emotionally, too. Over green tea, she opens up to *Health* about the morning routine that has had a profound effect on her life and shares how anyone can learn to live in the moment.

What is different about you now compared with when you were a kid?
I don't think I just trust every single person anymore. I'm really coming into myself. There's something about 33. You know, it's one of those sort of sacred years. Thirty was amazing. And 33 is really only getting better. I feel much more rooted. I've learned how to listen to my intuition. My heart still feels open and I'm still madly in love with the world, but I understand very quickly how to read a person's energy and how to better protect my own.

How do you keep your intuition strong?
I've gotten better at slowing down and sticking to my meditation practice. A lot of us seem to be on the same track: We *crush* it at work and we *crush* it with our physical health, but we haven't been attending to that mind-body connection—and that's the sweet spot. So I'm getting up at 7:30 a.m., I'm meditating for 20 minutes and then I'm going for a two-mile run. It's only been a couple of weeks, and I feel so different. And I'm not a morning person! My theme of this year is "narrow and deep." Less stuff, more depth. You just have to try to actively change your habits for one week: Get up 30 minutes earlier. Download the Headspace app and do a 10-minute meditation every day. It's great.

Your *Chicago P.D.* character, Erin, is a fan favorite because of how badass she is. Was she always that way?
I'm never going to pick a role that is a person who I wouldn't want to hang out with. I want to hang out with an interesting, layered, multifaceted woman who is unapologetic about her strength and her vulnerability.

Are you that type of person in real life?
Totally. I mean, I'm gushy. But I jump out of airplanes for fun and like to race cars and own three giant pit bulls. So I'm practicing allowing for my femininity more. One of my friends challenged me: "Let the man who offers to put your bag in the overhead on the plane put your bag in the overhead." I was like, "But I packed it. I can carry it!" She said, "It's not the point." So, now, every time a guy asks me if he can lift my bag up, I go, "Sure! Thank you." And I bask in the fact that someone wants to do something nice for me. It's all being just a little more open. Because saying no to someone who is offering to help you is closing a door.

Do you think it's hard to maintain body confidence in Hollywood?
I think it's hard for everyone. Do I think that there has historically been more pressure [in Hollywood than elsewhere]? Yes. Do I think that because of media and airbrushing and social media and Instagram and Facebook and Twitter, that it's now the same for *everyone*? I think it's crazy. We are so


"MY THEME OF THIS YEAR IS 'NARROW AND DEEP.' LESS STUFF, MORE DEPTH."

conditioned as women to hate on ourselves all the time, but look at what we can do.

How do you keep perspective?
This is me, whether I like it or not. I will never be as tall as Gisele. I will never have bone structure like Hilary Rhoda. I will never have Penélope Cruz's hair. So who cares?

Speaking of beauty, you have the most amazing skin.
[*She points to a barely-there blemish on her left cheek.*] I'm laughing because I just had a breakout.

This makes me think of that Amy Schumer skit ["Compliments"] about women not being able to accept a compliment.
Yeah, and they kill themselves? It's my favorite video! We've been taught that being validated by a man is something to strive for. But when we get validated by women, we brush it off, we act like it's stupid and we immediately insult ourselves. What if we took validation from our female friends and let that fill us? I would wager women wouldn't compete over men's attention the way that they do.

Your Instagram posts are often thought-provoking, like a recent one about doing what you fear because a seed needs to crack open to grow.
It was based on a quote from this woman Cynthia Occelli. We are so afraid to change careers, to end relationships, to outgrow people or places—and that's just growth. To me, choosing to go toward the cracking in order to keep expanding is the only way. The only way to get out of pain is to go through it. Pain is information—which I think is one of the most profound things anyone has ever said to me. It is literally a piece of information.

What have been the most profound cracks that have changed your life?
When I was 20, my mom was really sick. I watched her go through chemo, and that cracked me. My mother, my everything, the strongest woman I know, was literally on her knees unable to stand, and that shattered me. Losing one of my best friends a few months ago [Google executive Dan Fredinburg] shattered me. There were days I felt like my body had been turned inside out. I felt like my heart was on the outside of my body and everyone who came near me was stabbing me. And the crazy thing is that since Dan died, the lessons have come like Mack trucks. There is no next time. There is no excuse to wait a day to do what you want to do and to change the way that you want to change.

What is your greatest fear?
The word *enough* is a monster for me. I don't know how anyone ever feels that they are enough: successful enough, smart enough, pretty enough, healthy enough. I got so scared the first time I decided to say, "I am terrified of not being enough." And what came back tenfold—women who identify, women who sympathize and women who experience all of that—was mind-boggling to me. We are so in this together. And that helps. A friend said to me, "Let it be enough, whatever you did today. You went on a two-mile run and you didn't do a circuit-training workout? Who cares? Let it be enough."

"LET IT BE ENOUGH, WHAT YOU DID TODAY. YOU RAN TWO MILES. YOU DIDN'T DO CIRCUIT TRAINING. WHO CARES? LET IT BE ENOUGH."

Do you have a smallest fear?
I am irrationally afraid of spiders. I kill them. All of them. People are like, "Let them live!" And I'm like, "Never! You came in my house. You are an intruder. Get out!" [*Laughs*]

Finish this sentence for us: I am my absolute happiest when...
Twenty of our friends are over, we have a great band at my house and we're having long conversations around a fire pit.

What is your go-to way to de-stress?
I can't believe it took me 32 years to feel like I deserve to get massages, but a super deep tissue. Game changer. ■

SOPHIA'S HIT LIST

Orphan Black and nine other things that rock her world.

Favorite social media account: *Tiny Atlas Quarterly* magazine on Instagram (@tinyatlasquarterly). "They make me want to travel everywhere."

Herb she loves to cook with: "It's a tie between basil and thyme. I put them on everything."

Book worth returning to: "I am rereading Cheryl Strayed's book of essays, *Tiny Beautiful Things*, for the fourth time. She's my hero."

Binge-worthy show: "*Orphan Black*. You need it in your life."

Podcast: "Tara Brach's on mindfulness. I've sent the episode 'Attend and Befriend: Healing the Fear Body' to 20 people, who have all called me and said, 'From the bottom of my heart, thank you.'"

App she's addicted to: "Meerkat, the live-streaming app. My roommate and I will do Meerkat chats after we watch *Orphan Black*."

Skin-care products: "There's a really great line, S.W. Basics out of Brooklyn, and they're so clean. Sometimes I'll take my makeup off with their oil makeup remover and just leave that oil on my face because it's so hydrating."

Surprising thing she collects: "Vintage cameras. I grew up working with them in my dad's studio. I love what they look like, and I have them all over my house."

Natural-beauty trick: "Neem honey is really good for your hair. You do a 20-minute hair mask. But don't go anywhere—it's disgusting. It's *so* gooey! And then, pro tip: You have to get shampoo in your hair *before* you get the honey wet. Because if you try to rinse [the honey], it's a disaster."



This page: Rag & Bone tank; rag-bone.com. Missoni knit pants; missoni.com. Jagged Fortune necklace; fortuneandframe.com. Ring, Sophia's own. Page 109: Topshop jumpsuit; topshop.com. Stanmore bracelet; stanmorenyc.com. Page 111: Vivienne Westwood dress; viviennewestwood.com.

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Karen Shapiro

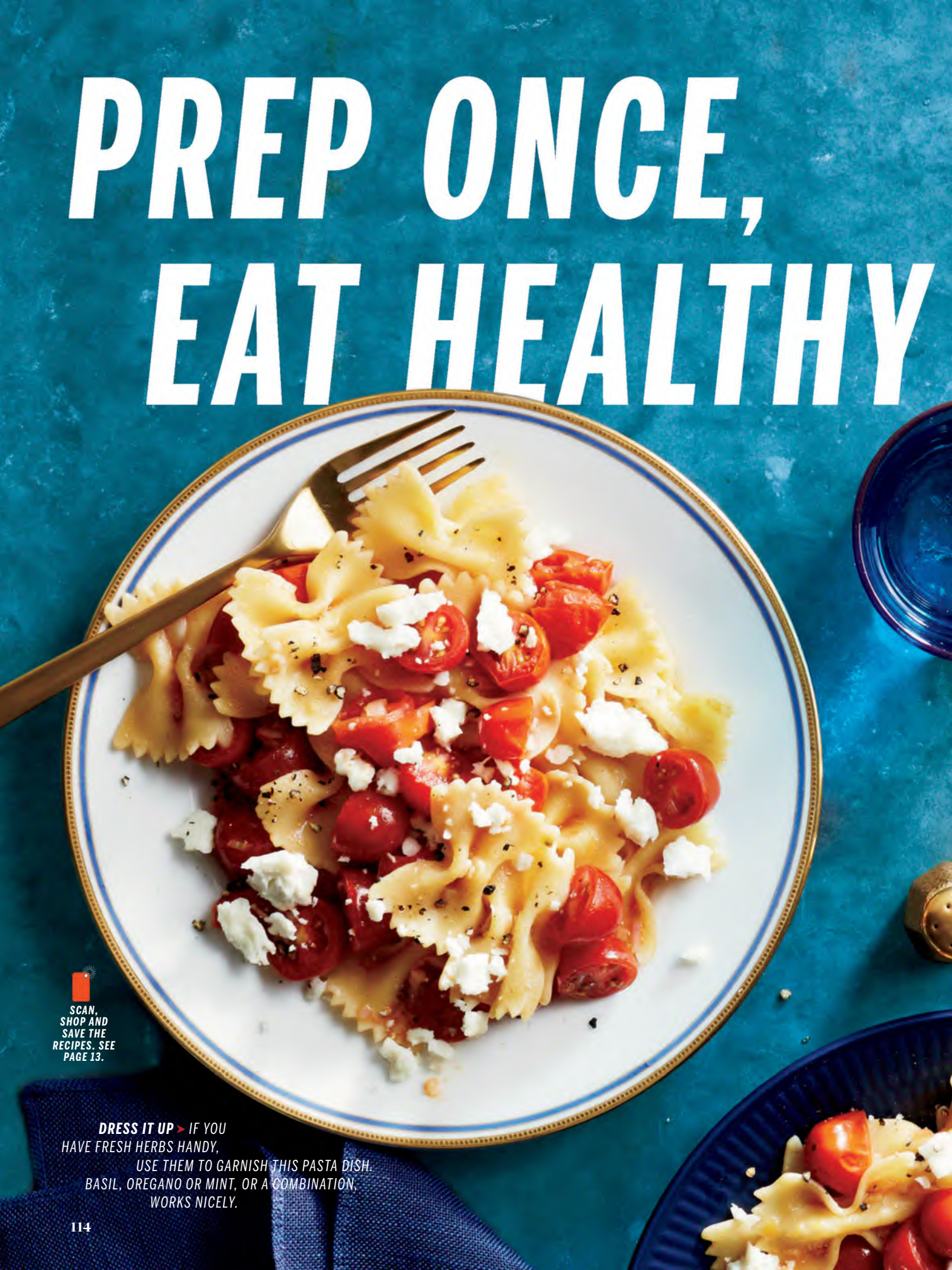
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SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE THE ITEMS IN THIS STORY (LEARN HOW ON PAGE 13).

PREP ONCE, EAT HEALTHY



SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 13.

DRESS IT UP ➤ *IF YOU HAVE FRESH HERBS HANDY, USE THEM TO GARNISH THIS PASTA DISH. BASIL, OREGANO OR MINT, OR A COMBINATION, WORKS NICELY.*

SPEND 30 MINUTES PREPARING ON SUNDAY AND YOU CAN WHIP UP FAST GOURMET DINNERS FEATURING KALE, SALMON AND OTHER SUPERFOODS.

ALL WEEK

RECIPES DEVELOPED BY LARAINE PERRI

PHOTOGRAPHY BY CHRISTOPHER TESTANI



EASY STARTS HERE

These key foods are all you need to head off weekday "Ack, what's for dinner?" stress. Covered and refrigerated, the kale and lentils will keep for five days, and the tomatoes for four days.

1 COOK KALE

Tear 10 oz. of baby kale into pieces. In a large, deep skillet, heat 2 Tbsp. extra-virgin olive oil over medium-high heat. Add 4 sliced large garlic cloves; sauté until just beginning to turn golden, about 1 minute. Stir in a scant ¼ tsp. crushed red pepper. Add kale; cook, tossing, for 2 minutes. Add ¼ cup water; cover, reduce heat to medium and steam until kale is just tender, about 4 minutes. Season with kosher salt and freshly ground black pepper. Transfer to a bowl; let cool completely.

2 MARINATE TOMATOES

In a large bowl, whisk together 3 Tbsp. each fresh lemon juice and extra-virgin olive oil, ¾ tsp. sugar, ½ tsp. kosher salt and a generous grind of black pepper. Add 2 pints halved grape tomatoes, 1 minced large shallot and 2 tsp. chopped fresh thyme; toss well. Transfer to a sealable container.

3 DRESS LENTILS

In a large bowl, whisk together ¼ cup each balsamic vinegar and extra-virgin olive oil, 1 Tbsp. Dijon mustard, 1 tsp. kosher salt and a generous grind of black pepper. Gently break apart two 17-oz. (or four 9-oz.) packages steamed lentils; fold into vinaigrette until thoroughly combined. Transfer to a sealable container.



kale and smoked mozzarella pizza

Prep: 5 minutes
Cook: 9 minutes
Serves: 4

- **1 cup (4 oz.) shredded smoked mozzarella**
- **1 prepared 12-inch thin-crust pizza crust, such as Boboli**
- **1 cup precooked kale (see recipe, above)**
- **1 tsp. extra-virgin olive oil**
- **Lemon wedges**

Preheat oven to 450°F. Sprinkle cheese evenly over pizza crust, leaving a ½-inch border. Arrange kale over cheese. Bake directly on top oven rack until cheese is melted and crust is crisp, about 9 minutes. Drizzle pizza with oil. Serve with lemon wedges for squeezing over top.

PER SERVING: *343 Calories, 14g Fat (6g Sat.), 20mg Chol., 1g Fiber, 14g Pro., 38g Carb., 674mg Sod., 0mg Iron, 205mg Calcium*

EVEN MORE FLAVOR! ▸ *TOP THIS DISH WITH CRUMBLED GOAT CHEESE, OR USE FETA IF YOU HAVE SOME LEFT OVER FROM THE PASTA RECIPE (PAGE 119).*



crispy polenta with warm lentils and kale

Prep: 5 minutes
Cook: 10 minutes
Serves: 4

- **1 Tbsp. plus 2 tsp. extra-virgin olive oil**
- **8 ½-inch slices prepared polenta, in a tube**
- **2 cups marinated lentils (see recipe, opposite page)**
- **2 cups precooked kale (see recipe, opposite page)**
- **2 Tbsp. finely chopped drained oil-packed sun-dried tomatoes**

1 In a 12-inch nonstick skillet, heat 1 Tbsp. oil over medium-high heat. Add polenta and cook until golden and crisp on 1 side, 6 to 7 minutes. Turn and cook for about 3 minutes longer.

2 While polenta is cooking, combine lentils, kale and sun-dried tomatoes in a large saucepan. Place over medium heat and cook, stirring often, until warmed through, about 3 minutes. Place 2 polenta rounds on each of 4 plates. Top with warm lentil mixture, drizzle with remaining 2 tsp. oil and serve.

PER SERVING: *383 Calories, 17g Fat (2g Sat.), 0mg Chol., 11g Fiber, 12g Pro., 42g Carb., 797mg Sod., 5mg Iron, 125mg Calcium*

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 13.



SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 13.

seared salmon with orange–lentil salad

Prep: 10 minutes
Cook: 7 minutes
Serves: 4

- 1 Tbsp. canola oil
- 4 5-oz. center-cut skinless salmon fillets
- Kosher salt and freshly ground black pepper
- ½ tsp. finely grated orange zest
- 3 Tbsp. freshly squeezed orange juice
- 2 Tbsp. finely chopped red onion
- 2½ cups marinated lentils (see recipe, page 116)

1 In a 12-inch nonstick skillet, heat oil over medium-high heat until very hot. Season salmon generously with salt and pepper; add to skillet top-side down and cook, undisturbed, until deep golden, about 4 minutes. Turn and sear on opposite side until just barely cooked through, 1½ to 3 minutes longer, depending on thickness.

2 While salmon is cooking, stir orange zest, juice and red onion into lentils. Divide salad among 4 plates, top with salmon and serve.

PER SERVING: *433 Calories, 19g Fat (3g Sat.), 78mg Chol., 9g Fiber, 38g Pro., 25g Carb., 816mg Sod., 5mg Iron, 45mg Calcium*

SPREAD THE LENTIL LOVE > *YOU'LL HAVE SOME LEFT OVER AFTER THE TWO DINNERS. TOSS INTO SALADS FOR A PROTEIN BOOST, OR SMEAR A BIT OF GOAT CHEESE ON CROSTINI AND TOP WITH LENTILS FOR A SMART SNACK.*

(pictured on page 115)

pasta with marinated tomatoes and feta

Prep: 5 minutes
Cook: 15 minutes
Serves: 4

- Salt and freshly ground black pepper
- 8 oz. farfalle
- 4 tsp. extra-virgin olive oil
- 4 large cloves garlic, thinly sliced
- 2½ cups marinated tomatoes (see recipe, page 116)
- ½ cup crumbled feta

1 Bring a large pot of salted water to a boil. Cook pasta until al dente, about 10 minutes or according to package instructions.

2 In final 5 minutes of cooking, warm oil in a large skillet over medium heat. Add garlic; sauté until just beginning to turn golden, about 1 minute. Add tomatoes and their juices. Cook, tossing, until tomatoes begin to soften, about 1 minute. Drain pasta, reserving ¼ cup cooking water; add pasta to skillet. Cover and let simmer over low heat until tomatoes have collapsed and pasta is coated with sauce, about 2 minutes. Add reserved cooking water 1 tsp. at a time if mixture seems dry. Spoon pasta into 4 serving bowls. Top with feta, season with pepper and serve.

PER SERVING: *376 Calories, 15g Fat (5g Sat.), 0mg Chol., 3g Fiber, 12g Pro., 50g Carb., 461mg Sod., 2mg Iron, 122mg Calcium*

flank steak with arugula and herbed tomato salad

Prep: 5 minutes
Cook: 10 minutes
Serves: 4

- 1 tsp. Worcestershire sauce
- 1 tsp. canola oil
- 1 1-lb. flank steak, trimmed
- ½ tsp. kosher salt
- Freshly ground black pepper
- 4 cups baby arugula
- 1⅓ cups marinated tomatoes (see recipe, page 116)

1 Heat a grill pan over medium-high heat. Whisk together Worcestershire sauce and oil; brush over steak. Season with salt and a generous grind of pepper. Cook steak, turning once, until medium-rare, 3 to 5 minutes per side, depending on thickness. Transfer to a cutting board; let rest for 5 minutes.

2 Divide arugula among serving plates. Thinly slice steak across the grain; arrange over arugula. Top with tomatoes and serve.

PER SERVING: *216 Calories, 11g Fat (3g Sat.), 70mg Chol., 1g Fiber, 26g Pro., 4g Carb., 390mg Sod., 2mg Iron, 69mg Calcium*

THIS IS HOW IT'S DONE ▸ *SERVE FLANK STEAK MEDIUM-RARE: IT'S A VERY LEAN CUT, SO IT WILL BE TOUGH AND CHEWY IF OVERCOOKED.*

FOOD STYLING BY LIZA JERNOW

PROP STYLING BY ALMA MELENDEZ



OWN YOUR



Just these eight fascinating facts that will help pump up your pleasure. Tonight's going to be a good night.

BY CAMILLE NOE PAGÁN



WHEN YOU'RE DEEP IN THE THROES OF "YES... YESSS!" PASSION, YOU'RE PROBABLY NOT GIVING ALL THAT MUCH THOUGHT TO WHAT MYSTERIOUS AND WONDERFUL THINGS ORGASMS ARE. BUT WHEN YOU'RE LESS, WELL, PREOCCUPIED, YOU MIGHT BE INTERESTED TO KNOW THAT THERE'S SOME PRETTY AMAZING STUFF GOING ON WHILE YOU'RE GETTING BUSY. FOR EXAMPLE, WERE YOU AWARE THAT YOUR BREASTS CAN GET OFF FROM A GREAT ROLL IN THE HAY? OR THAT HAVING A GOOD-LOOKING PARTNER MAY LEAD TO A GRANDER FINALE? (TRUE AND TRUE.) WE UNCOVERED SCIENTIFIC FINDINGS THAT MIGHT JUST MAKE YOUR NEXT BEDROOM SESSION EVEN BETTER.

1

STEADY PARTNERS BEAT ONE-NIGHT STANDS

You're more likely to hit the mark if you're having sex with someone special rather than a casual fling, suggests a study in the *American Sociological Review*. "New relationships can be intoxicating, but that doesn't always translate into arousal," says sex therapist Madeleine Castellanos, MD, author of *Wanting to Want*. You're more apt to be anxious with someone you don't know well, Dr. Castellanos explains: "With a long-term partner, it's easier to relax and be honest about your needs." Have a hard time doing that? "Ask for one small change at a time."

2

CHANTING "OM" CAN HELP YOU SAY "*OHHH*"

Women who did 22 yoga poses several times a week for 12 weeks reported more desire, increased arousal and better orgasms, according to a study in *The Journal of Sexual Medicine*. Getting bendy strengthens your pelvic and abdominal muscles, which may improve your ability to climax. Yoga can also help reduce depression and anxiety, which ups the odds you'll get in the mood.

3

THERE IS NO G-FORCE

A 2014 study in *Clinical Anatomy* supported what sex experts have said for years: For most women, the epicenter of orgasms is the clitoris, not the vagina or the much-hyped "G-spot." If you can't tell the difference, there's a reason, says Nicole Prause, PhD, a sex researcher at UCLA: "Orgasm causes rhythmic contractions in your vaginal and anal sphincters, so it can feel like it's happening everywhere." To enhance enjoyment, don't start with heavy pressure on the clitoris, Dr. Castellanos advises. With a silicone lube, use a light touch to find which part of the clitoris is most responsive, then slowly increase the pressure as your pleasure builds.

4

IT HELPS TO MAKE A LITTLE NOISE

Most women don't spontaneously scream or call out during orgasm, per a study in the *Archives of Sexual Behavior*. Instead, we're more likely to make noise while a male partner is climaxing, possibly to enhance his experience. If you're the quiet type, you may want to rethink that: "Bedroom noises can help men *and* women become aroused," explains clinical sex therapist Kat Van Kirk, PhD. That doesn't mean you have to mimic a porn star: Simply get vocal in a way that feels natural to you.

5

CAN'T COME? BLAME YOUR BRAIN

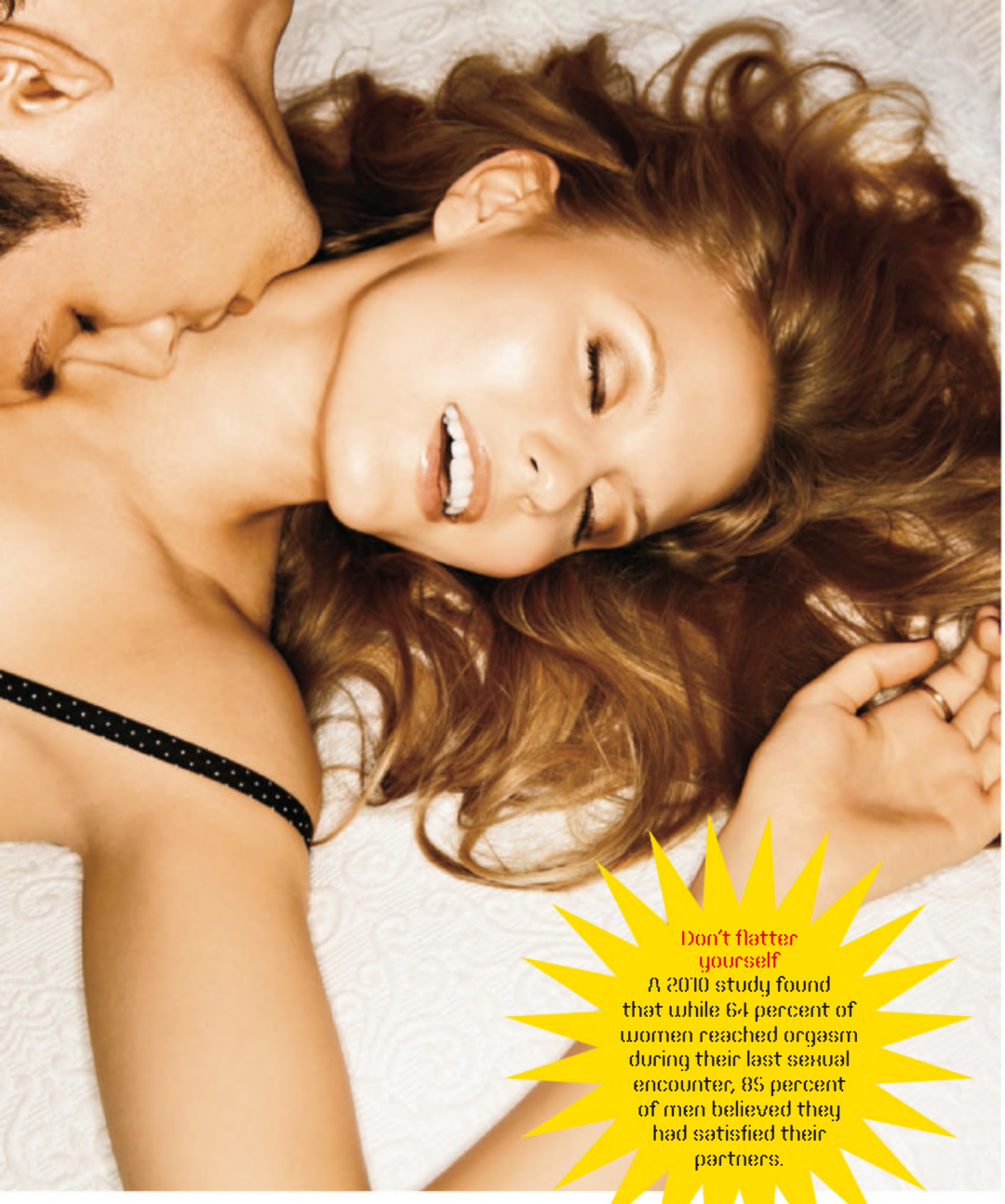
"For women, sex begins in the head," says Kecia Gaither, MD, an ob-gyn at Montefiore Medical Center in New York City. That may be why negative thoughts during sex are linked with trouble achieving orgasm, according to a report in the journal *Sexologies*. "Many people find they can get aroused more easily in a car than in their bedroom," Dr. Castellanos says. "That's because a car doesn't have the same stress triggers associated with it as the bedroom—plus it has an erotic charge of taboo." Dr. Castellanos suggests making your boudoir a place strictly for sleep and sex (not for catching up on email).

6

HIS LOOKS CAN AFFECT YOUR OUTCOME

A Penn State study found that women were more likely to orgasm around the same time as a male partner—and experience more frequent orgasms to boot—if they deemed him attractive or masculine. The connection isn't clear, but there could be evolutionary factors at play, Van Kirk says: Heterosexual women may inherently desire masculine partners to have children with, and some research suggests that a vagina is more receptive to semen after orgasm—which boosts fertility. But don't go trading partners just so you can hit your high notes together: "It's a cultural idea that a simultaneous orgasm

PREVIOUS SPREAD: FIREWORKS, ARTPARTNER-IMAGES/GETTY IMAGES; COUPLE, TRUNK ARCHIVE; THIS SPREAD: COUPLE, TRUNK ARCHIVE



Don't flatter yourself
A 2010 study found that while 64 percent of women reached orgasm during their last sexual encounter, 85 percent of men believed they had satisfied their partners.

is superior to an independent orgasm," Van Kirk says. "It's simply not true."

7

FOREPLAY IS MORE THAN JUST FUN

Most women with a familiar partner reach the big O more than half the time they engage in sexual activity, per recent Kinsey Institute science. If your success rate isn't quite that high, hear this: "Our research suggests that you get the same good stuff during arousal," Prause says. "Orgasm isn't particularly special; it's just a concentrated version of what you experience in an aroused state." So there.

8

FAKING IT (TO A POINT) CAN HELP YOU MAKE IT

If you've ever imitated the deli scene from *When Harry Met Sally...*, there may have been a good reason: Research has shown that heterosexual women who pretend to climax with a partner often do so to make sex more enjoyable. "Faking is dishonest, but exaggerating during sex can help you get into a mind-set where you're enjoying yourself more," says clinical sexologist Eric Marlowe Garrison, an instructor of masculinity studies at the College of William and Mary. "Use your body to prime yourself for orgasm. I encourage clients who have trouble climaxing during masturbation to arch their backs, breathe deep and make noise." ■

YOUR BODY ON ORGASM

You know what's going on down there, but did you ever wonder how the rest of your body responds to a good romp? Check out these pleasure zones.

BRAIN As many as 30 areas of the brain play a role in orgasm, per Rutgers University research. Among them: the orbitofrontal cortex (involved in behavioral control, it temporarily shuts down—buh-bye, inhibitions!), the amygdala (involved in processing emotions) and the hypothalamus (it becomes flooded with feel-good chemicals like oxytocin, which can trigger uterine contractions and increase a sense of intimacy).

EYES As you become aroused, your pupils dilate, and they stay that way until after you've climaxed. This may subtly tell your partner you're interested and make you more attractive, or, from an evolutionary perspective, it might up the odds you'll be able to spot danger during a time when your brain is otherwise occupied.

HEART Your heart rate and metabolism go up as you become aroused, which may be part of the reason you burn calories when you get frisky.

BREASTS When touched, your nipples—loaded with sensitive nerve endings—send messages to an area of your brain's sensory cortex that is activated by genital stimulation (and vice versa). Experts think those messages may cause your nipples to become erect.

MUSCLES From toe curling to back arching, muscles all over your body tighten just before orgasm and then release as climax hits. It works the other way, too: By tightening your muscles, you send messages to your brain that may help you achieve orgasm.

SKIN They call it the "afterglow" for a reason: As you climax, your circulation increases and your body releases endorphins into your bloodstream. That combination brings blood closer to the surface of the skin, making your cheeks and chest flush.



find your sweet

In this excerpt from her new book, *Big Magic*, Elizabeth Gilbert maps out the path to "an amplified existence"—a life infused with passion, creativity and, most importantly, fulfillment.



spot

This, I believe, is the central question upon which all creative living hinges: Do you have the courage to bring forth the treasures that are hidden within you?



Look, I don't know what's hidden within you. You yourself may barely know, although I suspect you've caught glimpses. I don't know your capacities, your aspirations, your longings, your secret talents. But surely something wonderful is sheltered inside you. I say this with all confidence, because I happen to believe we are all walking repositories of buried treasure. I believe this is one of the oldest and most generous tricks the universe plays on us human beings, both for its own amusement and for ours: The universe buries strange jewels deep within us all, and then stands back to see if we can find them.

The hunt to uncover those jewels—that's creative living. The courage to go on that hunt in the first place—that's what separates a mundane existence from a more enchanted one.

The often surprising results of that hunt—that's what I call Big Magic.

When I talk about "creative living" here, please understand that I am not necessarily talking about pursuing a life that is professionally or exclusively devoted to the arts. When I refer to "creative living," I am speaking more broadly. I'm talking about living a life that is driven more strongly by curiosity than by fear.

One of the coolest examples of creative living that I've seen in recent years, for instance, came from my friend Susan, who took up figure skating when she was 40 years old. To be more precise, she actually already knew how to skate. She had competed in figure skating as a child, but she'd quit the sport during adolescence when it became clear she didn't have quite enough talent to be a champion.

For the next quarter of a century, Susan did not skate. Then she turned 40. She was restless. She felt drab and heavy. She asked herself when was the last time she'd felt truly light, joyous and—yes—creative in her own skin. To her shock, she realized that the last time she'd experienced such feelings had been as a teenager, back when she was still figure skating. She was appalled to discover that she had denied herself this life-affirming pursuit for so long, and she was curious to see if she still loved it.

So she followed her curiosity. She bought a pair of skates, found a rink, hired a coach. She ignored the voice within her that told her she was being self-indulgent and preposterous to do this crazy thing. She tamped down her feelings of extreme self-consciousness at being the only middle-aged woman on the ice, with all those tiny, feathery nine-year-old girls.

She just did it.

Three mornings a week, Susan awoke before dawn and went skating. And she skated and skated and skated. And yes, she loved it, even more than ever, perhaps, because now, as an adult, she finally had the perspective to appreciate the value of her own joy. Skating made her feel alive and ageless. She stopped feeling like she was nothing more than a consumer, nothing more than the sum of her daily obligations and duties. She was making something of herself, making something with herself.

> "I'm talking about living a life that is driven more strongly by curiosity than by fear."

It was a literal



PREVIOUS SPREAD: BUTTERFLY: FLORIAN SOMMET/FOLIO-ID.COM; THIS SPREAD: BUTTERFLIES: JOHN KACZALA/GETTY IMAGES



revolution, as she spun to life again on the ice.

Please note that my friend did not quit her job and move to Toronto to study 70 hours a week with an Olympic-level skating coach. And no, this story does not end with her winning any medals. In fact, this story does not end at all, because Susan is still figure skating—simply because skating is still the best way for her to unfold a certain beauty and transcendence within her life. That's what I call creative living.

And while the paths and outcomes of creative living will vary wildly from person to person, I can guarantee you this: A creative life is an amplified life. It's a bigger life, a happier life, an expanded life and a hell of a lot more interesting life. Living in this manner is a fine art, in and of itself.

scary, scary, scary

Let's talk about courage now. Because creative living is a path for the brave. And we all know that when courage dies, creativity dies with it. We all know that fear is a desolate boneyard where our dreams go to desiccate in the hot sun. This is common knowledge; sometimes we just don't know what to do about it.

Let me list for you some of the many ways in which you might be afraid to live a more creative life: *You're afraid you have no talent. You're afraid you'll be rejected or criticized or ridiculed or misunderstood or—worst of all—ignored. You're afraid you don't have the right kind of discipline. You're afraid you're too old to start.*

The list is bottomless. I'll just sum up this way: SCARY, SCARY, SCARY.

Everything is so goddamn scary.

Now you probably think I'm going to tell you that you must become fearless in order to live a more creative life. But I'm not. Creativity is a path for the brave, yes, but it is not a path for the fearless, and it's important to recognize the distinction.

Bravery means doing something scary.

Fearlessness means not even understanding what the word scary means.

If your goal in life is to become fearless, then I believe you're already on the wrong path, because the only truly fearless people I've ever met were straight-up sociopaths and a few exceptionally reckless three-year-olds—and those aren't good role models for anyone.

The truth is, you need your fear, for obvious reasons of basic survival. Evolution did well to install a fear reflex within you, because if you didn't have any fear, you would lead a short, crazy, stupid life. You would walk into traffic. You would drift off into the woods and be eaten by bears. You would marry a guy who said on the first date, "I don't necessarily believe people were designed by nature to be monogamous."

So, yes, you absolutely do need your fear, in order to protect you from actual dangers. But you do not need your fear in the realm of creative expression.

Of course that doesn't mean your fear won't show up. Your fear will always be triggered by your creativity, because creativity asks you to enter into realms of uncertain outcome, and fear hates uncertain outcomes. Your fear—programmed by evolution to be insanely overprotective—will always assume that any uncertain

(continued on page 140)



Lighter Fall Favorites

Discover how to create flavorful meals without the excess calories at HEALTH's *Lighter Fall Favorites* cooking class. Practice your knife skills and grilling techniques, make a delicious pesto from scratch, and end on a sweet note with a healthy dessert the whole family will love!

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Curried Pumpkin Peanut Soup

START TO FINISH: 30 MINUTES | SERVING SIZE: 11.3 OUNCES

- 1½ cups chopped, peeled apple
- 1 cup chopped onion
- ¼ cup dry sherry, apple juice or water
- 1½ teaspoons curry powder
- 1 can (15-ounce) pure pumpkin
- 1 can (14½-ounce) reduced-sodium chicken broth
- ¾ cup evaporated skimmed milk
- ¼ cup creamy peanut butter
- ¾ teaspoon salt

In a large saucepan, combine apple, onion, and sherry over medium-high heat. Stir occasionally, until onion is soft and most of the sherry evaporates from the pan. Cook for about 8 minutes. Add curry powder and stir until fragrant, about 30 seconds. Stir in pumpkin, broth, and peanut butter. Cover pan, bring to boil, reduce heat and simmer gently for about 10 minutes. Stir in milk. Remove from heat to cool. Once the soup has cooled, pour the mixture into blender or food processor until smooth. Warm on the stove or in the microwave before serving. Garnish as desired. Makes 4 ½ servings.

Nutrition information per serving: Calories: 214, Calories from Fat: 81g, Fat: 9g, Cholesterol: 3mg, Carbohydrate: 25g, Protein:12g, Fiber: 6g, Sodium: 1086mg

GREAT food



FYI

Adding smoked salmon is an excellent way to double down on the healthy fats in avocado toast.

SLICED AVOCADO AND SMOKED SALMON OVER PUMPERNICKEL

(recipe on page 131)

Classics Get a Refresh

Transform your favorite eats into healthier—but still delicious—dishes.

PHOTOGRAPHY BY EVI ABELER



FYI

Tamari is darker and richer than traditional soy sauce, and it's often made without wheat. (Check the label if you need to avoid gluten.)

The new one-bowl meal

LEMON-SOY EDAMAME BARLEY BOWL

Prep: 10 minutes
Serves: 4

- **4 Tbsp. low-sodium tamari soy sauce**
- **2 Tbsp. toasted sesame oil**
- **Juice of 1 lemon**
- **1 Tbsp. dried oregano**
- **1 tsp. finely grated lemon zest, optional**
- **4 cups cooked pearl or hulled barley**
- **1½ cups shelled organic edamame**
- **2 cups wild baby arugula**
- **2 8-oz. blocks savory, baked organic tofu (firm or extra-firm), patted dry and cut into ¾-inch cubes**
- **1 ripe avocado, halved and thinly sliced**

1 In a large bowl, whisk together tamari soy sauce, sesame oil, lemon juice, oregano and lemon zest, if desired, until well combined. Add slightly cooled cooked barley to bowl and stir to coat.

2 Add edamame and arugula to bowl with barley mixture and toss gently to combine. Divide salad among 4 bowls, top with tofu and avocado slices and serve.

PER SERVING: *637 Calories, 29g Fat (4g Sat.), 0mg Chol., 14g Fiber, 36g Pro., 61g Carb., 1,027mg Sod., 7mg Iron, 161mg Calcium*

Good-for-you dessert

MATCHA-PISTACHIO-CHOCOLATE TRUFFLES

Prep: 45 minutes
Chill: 1 hour 30 minutes
Yield: About 3 dozen truffles

- **3 cups dairy-free premium dark chocolate chips (at least 65% cacao)**
- **½ cup heavy cream, at room temperature**
- **1 Tbsp. plus 1 tsp. matcha powder**
- **⅓ cup pistachios, shelled and pulsed in a food processer to a fine meal**

1 Line a loaf pan or shallow bowl with parchment. In a large saucepan, bring 2 to 3 cups of water to a simmer. Place a heatproof glass or stainless-steel bowl over saucepan. Add chocolate chips and heavy cream to bowl. Mix well with a spatula as chocolate melts.

2 Remove bowl from heat and stir in 1 Tbsp. matcha. Transfer chocolate mixture to a lined pan or bowl. Let cool to room temperature. Refrigerate for at least 90 minutes to solidify.

3 Using a small melon baller or ice cream scoop, portion truffle mixture and mold with your hands into 1-inch balls. (Lightly moisten your palms if mixture feels sticky.) Fill a small bowl with crushed pistachios; roll truffles in pistachios, pressing nuts gently into surface. Using a fine-mesh strainer or sifter, dust truffles with 1 tsp. matcha.

4 Transfer truffles to paper cupcake liners or a parchment-lined tin and refrigerate until ready to serve.

PER SERVING (2 truffles): *146 Calories, 10g Fat (6g Sat.), 9mg Chol., 3g Fiber, 3g Pro., 11g Carb., 3mg Sod., 1mg Iron, 7mg Calcium*

FYI

Some types of matcha have sugar and/or powdered milk, similar to a hot cocoa mix. Look for the pure, powdered green tea.



(pictured on page 129)

Comfort-food brunch

SLICED AVOCADO AND SMOKED SALMON OVER PUMPERNICKEL

Prep: 10 minutes
Cook: 9 minutes
Serves: 4

- **4 slices pumpernickel bread**
- **1 Tbsp. olive oil mayonnaise**
- **Coconut oil or olive oil cooking spray**
- **1 ripe avocado, thinly sliced**
- **¼ red onion, thinly sliced**
- **4 oz. high-quality smoked wild-caught salmon**
- **Greek yogurt, for dolloping**
- **1½ tsp. caraway or fennel seeds**
- **Fresh oregano, for garnish, optional**

1 Lightly coat 1 side of each bread slice with mayonnaise. Coat a medium sauté pan with cooking spray and place over medium-low heat. Add bread slices to pan and toast until crisp, about 2 minutes per side. Remove pan from heat and transfer toast to a clean work surface. Cut each slice in half on the diagonal.

2 Arrange 2 or 3 avocado slices on each piece of toast. Add onion slices, then fold smoked salmon on top. Add a dollop of Greek yogurt and sprinkle with caraway seeds. Garnish with fresh oregano, if desired. Serve open-faced.

PER SERVING: *214 Calories, 13g Fat (2g Sat.), 8mg Chol., 6g Fiber, 9g Pro., 18g Carb., 421mg Sod., 1mg Iron, 37mg Calcium*

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FYI

One of the great things about kabocha squash is that you don't need to peel it. Eat the skin! It's full of beta-carotene, iron and vitamins.

A really hearty lunch

ROASTED KABOCHA SQUASH AND QUINOA SOUP

Prep: 20 minutes
Cook: 1 hour 5 minutes
Serves: 4

- **2 Tbsp. extra-virgin olive oil**
- **1 yellow onion, finely diced**
- **2 cloves garlic, crushed**
- **2 bay leaves**
- **1 large kabocha squash, unpeeled, halved, seeded and cut into ¾-inch cubes**
- **8 cups low-sodium vegetable broth**
- **¾ cup uncooked quinoa**
- **1 Tbsp. Bragg Liquid Aminos**
- **½ cup shredded lacinato kale leaves**

1 In a large stockpot, warm oil over medium-low heat. Add onion and cook, stirring often, until soft, 8 to 10 minutes. Add garlic and bay leaves and cook, stirring often, until fragrant, about 5 minutes.

2 Add squash to pot and cook, stirring often, until it begins to develop some color, about 8 minutes. Pour in broth and bring to a boil. Reduce heat to low and simmer for about 15 minutes. Raise heat to medium-low, add quinoa and simmer for 15 minutes.

3 Stir in Bragg Liquid Aminos and kale and heat just until kale has wilted slightly. Serve immediately.

PER SERVING: *300 Calories, 9g Fat (1g Sat.), 0mg Chol., 8g Fiber, 7g Pro., 49g Carb., 458mg Sod., 3mg Iron, 148mg Calcium*



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The Sharpest Tools

Which blades make the cut? These simple yet powerful essentials.

By **BETH LIPTON**

PHOTOGRAPHY BY VICTOR PRADO

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Who says diet food has to be boring? Dig in to this rich, delicious pizza—or one of the other crave-worthy recipes in the Cooking Light Diet—and get ready to lose weight without feeling deprived.

Recipe developed by **REBECCA LONGSHORE**

VEGGIE PIZZA WITH CAULIFLOWER CRUST

Prep: 25 minutes
Cook: 1 hour
Serves: 2

- **1 head cauliflower (about 3 lb.), roughly chopped**
- **2 tsp. olive oil**
- **½ cup sliced cremini mushrooms**
- **½ cup sliced red bell pepper**
- **½ cup thinly sliced fresh basil**
- **¼ tsp. freshly ground black pepper**
- **⅛ tsp. kosher salt**
- **3 cloves garlic, minced**
- **2½ oz. shredded part-skim mozzarella (about ⅔ cup)**
- **2 large egg whites**
- **½ oz. grated Parmesan**
- **½ cup thinly sliced seeded tomatoes**
- **⅔ cup fresh baby spinach**

1 Preheat oven to 375°F.

2 In a food processor, pulse half of cauliflower 10 to 15 times or until finely chopped (like rice). Transfer to a parchment-lined baking sheet. Repeat with remaining cauliflower. Coat cauliflower with cooking spray. Bake, stirring once, for 25 minutes. Let cool. Increase oven temperature to 450°F.

3 Warm a large skillet over medium-high heat. Add 1 tsp. oil; swirl to coat. Add mushrooms and bell pepper; sauté until tender, about 5 minutes.

4 Place cauliflower in a clean kitchen towel and squeeze until very dry. In a large bowl, combine cauliflower, remaining 1 tsp. oil, ¼ cup basil, ⅛ tsp. black pepper, salt, garlic, 2 oz. mozzarella, egg whites and Parmesan. On a parchment-lined baking sheet, press mixture into 2 8-inch circles. Coat crusts with cooking spray.

5 Bake crusts until browned, about 22 minutes. Remove from oven; top evenly with mushroom mixture, tomatoes, spinach, remaining ¼ cup basil, remaining ⅛ tsp. black pepper and remaining mozzarella. Bake until cheese melts, about 7 minutes.

PER SERVING: *350 Calories, 16g Fat (6g Sat.), 25mg Chol., 11g Fiber, 26g Pro., 32g Carb., 658mg Sod., 3mg Iron, 488mg Calcium*

PHOTOGRAPHY BY JENNIFER CAUSEY

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7 Ways to Eat More Veggies

Downing lots of produce is a snap with these genius tools.

By **BETH LIPTON**



PROGRESSIVE PREPWORKS COLLAPSIBLE SALAD SPINNER

$22; amazon.com

▶ For anyone who's ever resisted getting a spinner because it's a space hog: This 3-quart BPA-free version collapses for storage and doubles as a colander. And you can serve greens in the bowl.

CUISIPRO 4-SIDED BOX GRATER

$35; bedbathandbeyond.com

▶ This workhorse's supersharp blades shred anything from zucchini to beets simply and speedily. The bottom doubles as a ginger grater.

MICROPLANE CLASSIC ZESTER/GRATER

$13; metrokitchen.com

▶ Originally created as a woodworking tool, this kitchen favorite grates citrus fruits extra smoothly thanks to lots of closely spaced little holes. It also works well on garlic, ginger, hard cheeses and chocolate.

TAWASHI VEGETABLE BRUSH

$3; korin.com

▶ Forget vegetable washes—all you need is this quirky brush with eco-friendly bristles. Now you can leave the peels on toughies like potatoes—and keep all that fiber.

KUHN RIKON ORIGINAL SWISS PEELER

$4; at Sur La Table

▶ Besides removing peels, use this to create flat noodles out of zucchini and other vegetables. Works for lefties, too.

OXO SERRATED PEELER

$9; oxo.com

▶ Stainless-steel serrated blades make quick work of peeling soft items like peaches and tomatoes—much faster and easier than blanching in boiling water.

INNOVEE HOME LEMON SQUEEZER

$20; amazon.com

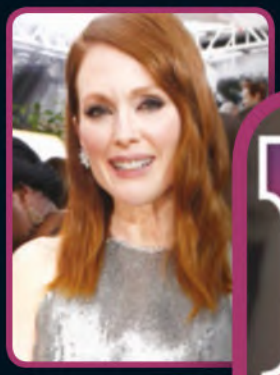
▶ Get out every last drop of juice with this heavy-duty number. The large bowl accommodates many citrus sizes, and since it's stainless steel, it won't rust, or peel like enamel squeezers can.

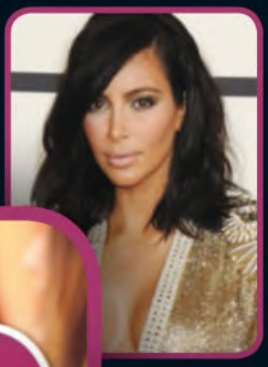
SCAN TO SHOP!

SCAN THE SALAD SPINNER TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 13).

PHOTOGRAPHY BY VICTOR PRADO

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(continued from page 127)

outcome is destined to end in a bloody, horrible death. Basically, your fear is like a mall cop who thinks he's a Navy SEAL: He hasn't slept in days, he's all hopped up on Red Bull and he's liable to shoot at his own shadow in an absurd effort to keep everyone "safe."

the road trip

Here's how I've learned to deal with my fear: I made a decision that if I want creativity in my life—and I do—then I will have to make space for fear, too.

Plenty of space.

I decided that I would need to build an expansive enough interior life that my fear and my creativity could peacefully coexist.

In fact, I cordially invite fear to come along with me everywhere I go. I even have a welcoming speech prepared for fear, which I deliver right before embarking upon any new project or big adventure. It goes something like this:

"Dearest Fear: Creativity and I are about to go on a road trip. I understand you'll be joining us, because you always do. I acknowledge that you believe you have an important job to do. But I will also be doing my job, which is to work hard and stay focused. And Creativity will be doing its job, which is to remain stimulating and inspiring. There's plenty of room in this vehicle for all of us, but understand this: Creativity and I are the only ones who will be making any decisions along the way. You're not allowed to suggest detours. You're not allowed to fiddle with the temperature. Dude, you're not even allowed to touch the radio. But above all else, you are absolutely forbidden to drive."

Then we head off—me and creativity and fear—advancing into the terrifying but marvelous terrain of unknown outcome. It isn't always comfortable or easy but it's always worth it, because if you can't learn to travel comfortably alongside your fear, then you'll never be able to go anywhere interesting. And that would be a pity, because your life is short and rare and amazing, and you want to do really interesting things while you're still here.

And you have treasures hidden within you, and so do I, and so does everyone around us. And bringing those treasures to light takes work and faith and devotion, and the clock is ticking, and the world is spinning, and we simply do not have time anymore to think so small. ■



Excerpted from the forthcoming Big Magic: Creative Living Beyond Fear, *by Elizabeth Gilbert. Published by arrangement with Riverhead Books, an imprint of Penguin Publishing Group, a division of Penguin Random House LLC. Copyright © 2015 by Elizabeth Gilbert.*

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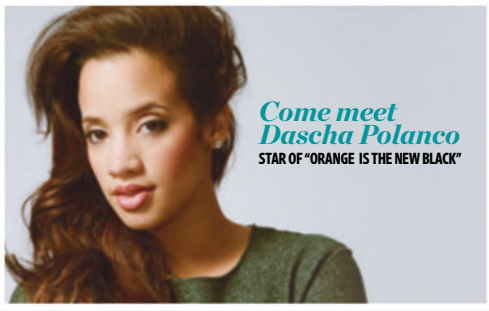
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Coconut Oil Hacks

From skin-care items to health food, coconut oil is popping up everywhere. And for good reason: "It's filled with fatty acids that make it incredibly versatile," says Cyndi Gilbert, a naturopathic doctor and author of *The Essential Guide to Women's Herbal Medicine.*

How to shop for it

Once a health-food-store-only item, coconut oil is now available in just about every supermarket. There are two main types: refined and unrefined. The refined versions are extracted with bleach and high heat. They're less expensive, but you lose the coconut flavor. Unrefined (aka virgin) oil, on the other hand, is mechanically pressed; it's generally better, particularly for skin care, because it retains more of the antioxidants called polyphenols. But if you're cooking and prefer a neutral taste and an oil that can handle high heat, opt for refined.



Boost your pleasure

One surprising use? Try it as a lubricant, Gilbert suggests. But beware if you rely on condoms—the fatty acids in coconut oil will break down the latex, rendering condoms ineffective.

Ease cold symptoms

Stir up a menthol-based rub with 1 teaspoon of coconut oil and 2 drops of peppermint essential oil. "Rubbed on the chest and back, it helps relieve congestion from upper respiratory tract infections and chronic bronchitis," Gilbert says.



Do more than moisturize

Sure, you know to slather coconut oil on your skin to keep it hydrated. But you can do that and then some, Gilbert notes: Including calendula and witch hazel may moisturize *and* minimize varicose veins.





Banish eczema

Add calendula oil to coconut oil to calm eczema, Gilbert says: "The coconut oil decreases itching, and the calendula oil adds a great anti-inflammatory punch."



Repair split ends

After shampooing, apply a generous amount to your locks from root to tip. Twist hair into a bun, then rinse after five minutes for shiny, smooth strands.



Relieve pain

Achy after a workout? For a soothing balm, mix 1 tablespoon of coconut oil with ½ teaspoon of cayenne pepper and 2 drops of peppermint oil. "This is great for people with arthritis," Gilbert says. "Just rub it directly on your stiff joints to get easy relief."





Turn rice into diet food

Researchers in Sri Lanka wanted to cut the calories absorbed from eating rice. Their discovery: Add 1 teaspoon of coconut oil to boiling water, then ½ cup of white rice. Cook, then pop it in the fridge overnight for a dish that nets you up to 60 percent fewer calories.



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